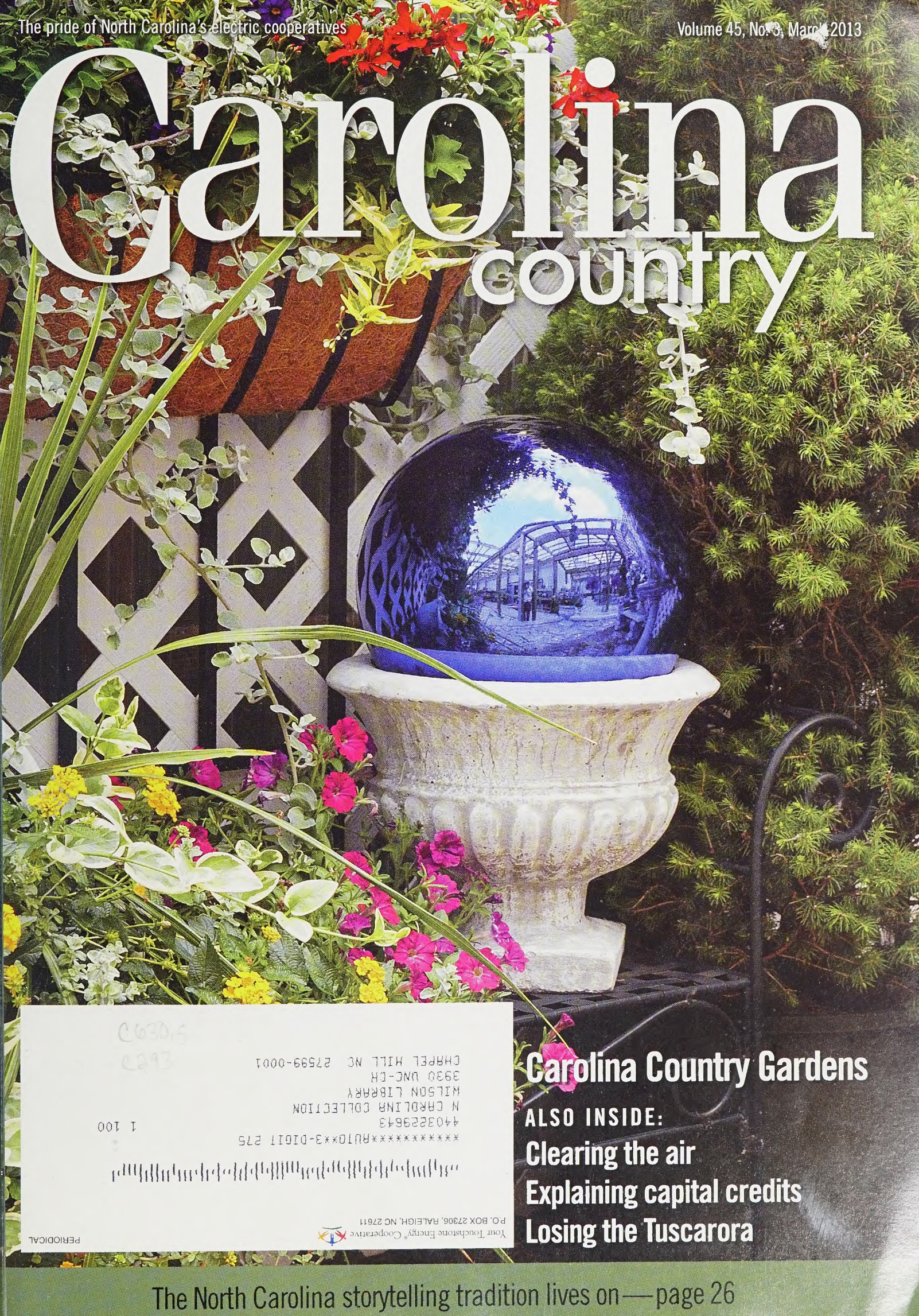
The pride of North Carolina's electric cooperatives

Volume 45, No. 3, March 2013

Carolina country



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PERIODICAL

Carolina Country Gardens

ALSO INSIDE:

Clearing the air

Explaining capital credits

Losing the Tuscarora

The North Carolina storytelling tradition lives on—page 26

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To A Fabulous Lawn

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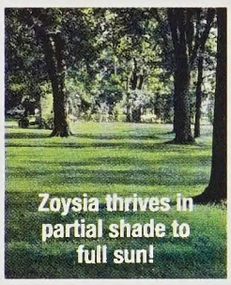

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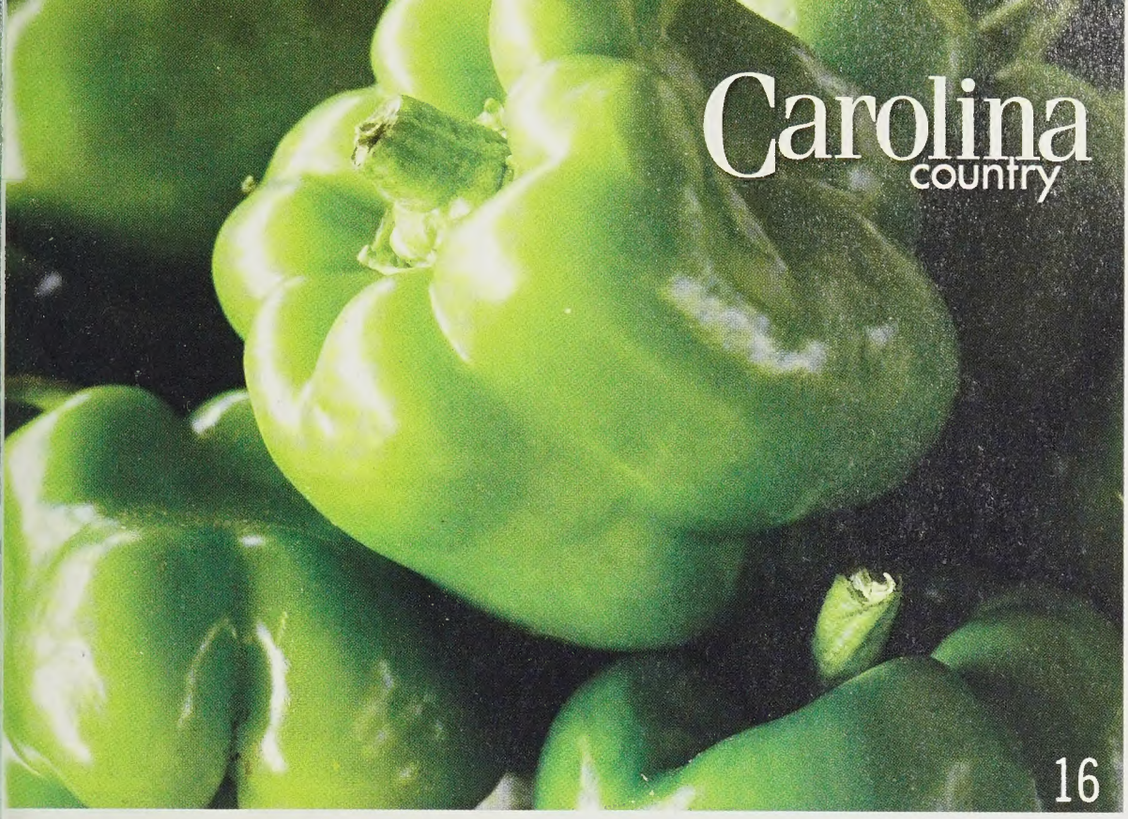

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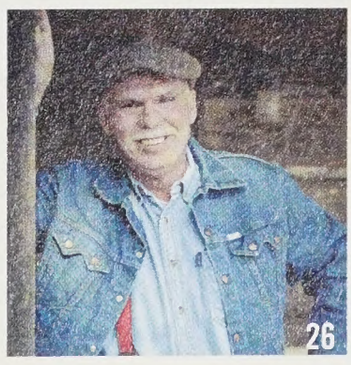

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Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

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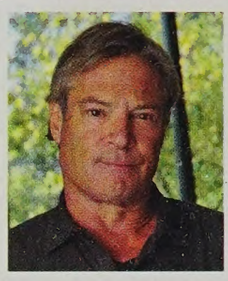
Delicious country



By Michael E.C. Gery

Trekking through remote parts of eastern North Carolina recently, while retracing the route of the notorious Potter's Raid 150 years ago this summer (stay tuned), I was struck again by how lucky we are to have such peaceful, bountiful country nearby and accessible. In western Greene County, outside of Snow Hill, I looked over the area where more than 300 years ago the Tuscarora lived around Contentnea Creek. It was here in March 1713 that a white militia with hundreds of Indian allies finally crushed the Tuscarora natives at Neoheroka (see page 14).

Relations among native tribes and European colonists who had recently settled along the Pamlico and Neuse rivers had been difficult from the beginning. As we learn in "Native Carolinians: The Indians of North Carolina," by Theda Perdue and Christopher Arris Oakley, the European culture—rooted in a Christian, monarchical, male-dominated, more or less urban society—clashed with the agrarian, communal Indian culture in which natives believed in many spirits and wore few clothes. The colonists brought diseases that Indians could not resist and trading ethics they could not understand. Taking Indians as slaves made matters worse. The Tuscarora in 1710 even traveled to Pennsylvania to appeal unsuccessfully to the Quaker authorities there for asylum, pleading on behalf of their children for "a cessation from murdering and taking them, that by the allowance thereof, they may not be afraid of a moose, or any other thing that Ruffles the Leaves."

Once the Tuscarora acquired firearms and firewater from their new neighbors, it could be argued, their fate was sealed. After defeat at Neoheroka, Tuscarora retreated to the peaceful woods and high swamps they knew so well in today's Beaufort and Hyde counties. Attempts to remove them to a Bertie County reservation did not sit well with most of these natives. While many eventually joined the Iroquois nations in upper New York, others remained in North Carolina, including a sizable community in Robeson County who ever since has worked for some kind of recognition.

One white man who did appreciate the natives early on was John Lawson, a founder of the town of Bath, an explorer and surveyor, educated in England, who arrived here in 1700. His account of his travels, "A New Voyage to Carolina," published in 1709, is the earliest, comprehensive description of this area and its people. As respectful as he was of the Tuscarora, he was killed by them in 1711during the Tuscarora War.

Just a few years earlier, Lawson wrote the following description of this place:

When we consider the Latitude and convenient Situation of Carolina... our Reason would inform us, that such a Place lay fairly to be a delicious Country, being placed in that Girdle of the World which affords Wine, Oil, Fruit, Grain, and Silk, with other rich Commodities, besides a sweet Air, moderate Climate, and fertile Soil; these are the Blessings (under Heaven's Protection) that spin out the Thread of Life to its utmost Extent, and crown our Days with the Sweets of Health and Plenty, which, when join'd with Content, renders the Possessors the Happiest Race of Men upon Earth. The Inhabitants of Carolina, thro' the Richness of the Soil, live an easy and pleasant Life...

We have yearly abundance of Strangers come among us, who chiefly strive to go Southerly to settle, because there is a vast Tract of rich Land betwixt the Place we are seated in, and Cape-Fair, and upon that River, and more Southerly which is inhabited by none but a few Indians, who are at this time well affected to the English, and very desirous of their coming to live among them.

"War Zone" phone number

A typographical error caused the wrong phone number to be published for Looking Glass Productions, publisher of "War Zone: World War II Off the North Carolina Coast," by Kevin P. Duffus ["Torpedoed!", February 2013]. The correct phone number is (800) 647-3536.

You know you're in Carolina country if...

...You can see the chickens under the house through the floorboards.

...You didn't mess with Granddaddy's medicine in the mason jar on the top shelf in the pack house.

...Your Grandma chased you 'round the house with snuff in her mouth trying to spit on your wasp bite.

...You went barefoot in the chicken yard and came in the house without wiping your feet.

...Your great-Grandma would go under her house to wrap pipes for the winter.

Randy Johnson, Lenoir County

Frozen fog

On the evening of January 18, the day after a big snowstorm, we had fog in Jefferson Landing, Ashe County. The next morning trees and shrubs sparkled with an icy coating. This is a dogwood branch in our front yard.

Janis Harless, Jefferson, Blue Ridge Electric

David's Momma's flowers

My mother-in-law snapped this picture of me among some of her flowers. She's always enjoyed working in her yard with flowers and bushes. She even loved mowing the grass. She is in her 80s and has only recently had to stop, due to failing health.

The day this picture was taken, my husband, David, called me at work, saying: "When you get off work, go by Momma's and look at her flowers." He had just visited her and told me she was so proud of her flowers she was about to burst.

A few months after this picture was taken, David was diagnosed with cancer. Two years later, he died at the young age of 58. He was Momma's favorite flower.

Now when I look at this picture, I think how deeply David loved his mother. So deeply that he told me to go over there that day.

Jan Clark Pearson, Indian Trail, Union Power

A convenient stop

This is the outhouse that my husband, David McCarson, built. David is a cancer survivor and is doing great. This past summer he had three gardens planted, and sometimes it was a long walk from two gardens to get home to the bathroom. So he decided to build an outside john below the two gardens that were farther away and the one closest to the house. It sure is not like the old timey ones. It has a concrete floor, and a built-up round base with a real toilet seat on it. We have it decorated inside and had beautiful flowers planted in the summer.

Phyllis McCarson, Candler, Haywood EMC

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Beware!

Scam targets Spanish-speaking cooperative members

North Carolina's electric cooperatives are warning their members that thieves posing as cooperative employees are trying to steal money and personal information. The scammers are calling Spanish-speaking customers and telling them that their electricity will be disconnected unless they send payment immediately. The scammers are instructing cooperative members to purchase a pre-paid credit card and either send it to a predetermined address or provide the information from that card over the phone.

Your electric cooperative will never contact you to obtain account or personal information; if you ever doubt the identity of someone claiming to represent your co-op over the phone, please hang up and call back to your cooperative using the phone number listed on your bill or another formal document.

¡Cuidado!

Scam Objetivos de habla española miembros de la cooperative

Cooperativas eléctricas de Carolina del Norte advierten a sus miembros que ladrones haciendose pasar por empleados de cooperativas estan tratando de robar dinero e información personal. Los estafadores llaman a clientes que hablan español y les dicen que su electricidad sera desconectada a menos que envíe el pago inmediatamente. Los estafadores instruyen a miembros de la cooperativa que compren una tarjeta de crédito pre-pagada y, o la envien a una dirección predeterminada o proporcionar la información de la tarjeta por teléfono.

Su cooperativa eléctrica nunca le contactara para obtener información personal o de la cuenta, y si alguna vez duda de la identidad de alguien que dice que representa a su cooperativa a través del teléfono, por favor cuelgue y vuelva a llamar a su cooperativa utilizando el número de teléfono que aparece en su factura o cualquier otro documento oficial.

Jasmine McBride, an 8th grader at Lumberton Junior High School, giggles as Mrs. Wuf reaches out for a high-five at the Feb. 3 Touchstone Energy Sports Camp scholarship celebration at N.C. State University. Jasmine, who attended the Kellie Harper Basketball Academy last June on a full scholarship from Lumbee River EMC, and her family gathered with other scholarship recipients from across the state to enjoy lunch and a Wolfpack women's basketball game.

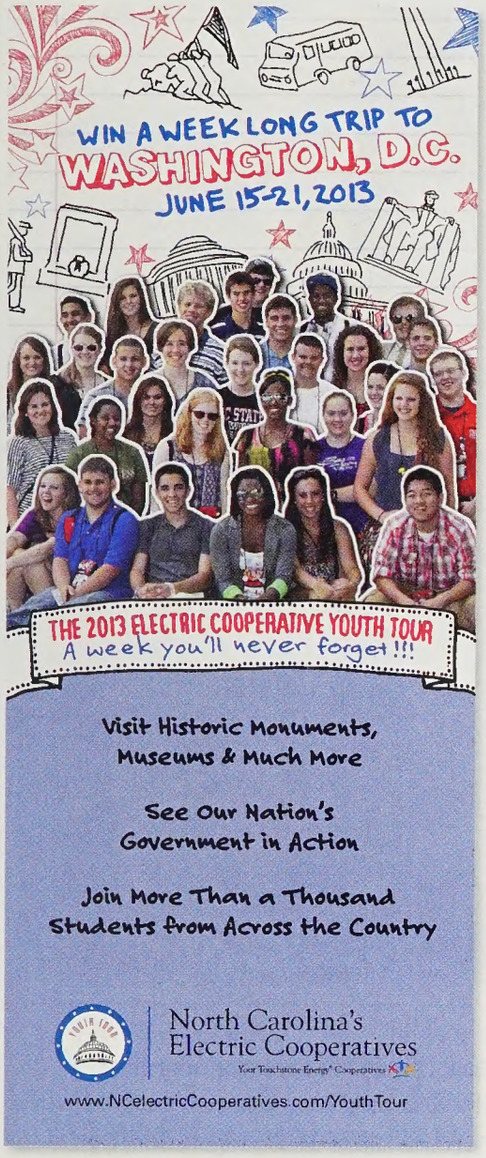
Touchstone Energy sports scholarship winners recognized at Wolfpack women's basketball game

More than 20 young ladies who won full scholarships to the Kellie Harper Basketball Academy from North Carolina's Touchstone Energy cooperatives were recently honored in a special halftime presentation at a Wolfpack women's basketball game. The girls received a certificate of achievement and were called by name onto the court of historic Reynolds Coliseum in Raleigh at the Feb. 3 game against Wake Forest. See a photo gallery at www.carolinacountry.com.

"North Carolina's electric cooperatives are thrilled to honor these deserving young ladies and to continue providing scholarships that give kids a chance to work with NCAA coaches, broaden their horizons and develop skills that will help them excel on and off the court," said Nelle Hotchkiss, vice president of corporate relations for the N.C. Association of Electric Cooperatives.

The scholarship winners and their guests received tickets to the game and a catered lunch, and took photos with N.C. State mascot Mrs. Wuf. The cooperatives also presented the Kellie Harper Women's Basketball Academy with a check for $14,600 in support of the scholarships.

This summer will mark the 12th year the co-ops have offered this educational and athletic opportunity to middle-school students in North Carolina. Applications for the 2013 Touchstone Energy scholarships to the Roy Williams Carolina Basketball Camp and Kellie Harper Basketball Academy will be accepted through March 30. More than 50 students will receive scholarships statewide. For more information or to print a Touchstone Energy Sports Camp scholarship application, visit www.ncelectriccooperatives.com/community.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Sending teenagers to Washington, D.C.

More than 1,500 students from across the country use planes, trains and automobiles to get to the nation's capital to be a part of the electric cooperatives' Youth Tour each summer. The Youth Tour takes high school-aged students to Washington, D.C. for a week to learn more about electric cooperatives, view their government in action and reach out and touch places that have taken a prominent role in our nation's history.

Students who attend the trip gain leadership and teamwork skills. North Carolina's electric cooperatives offer the expenses-paid experience to help develop future leaders. To learn if your cooperative sponsors students on the Youth Tour visit www.ncelectriccooperatives.com/youthtour.

CO-OPS & COMMUNITY JOBS

Tri-County EMC supported the building of this new livestock facility in Kenansville.

A new facility will help Duplin County's livestock industry and educational programs

At the opening of the new Duplin County Livestock Facility in January, the CEO of Southern Bank said, "This is going to be one of the greatest things Duplin County has ever done." Grey Morgan should know, too. A Duplin County resident, he grew up here fostered by North Carolina 4-H.

Tri-County EMC, the Touchstone Energy cooperative based in Dudley, and North Carolina EMC in Raleigh were among the contributors to the Kenansville facility. Located on the Duplin Commons grounds near the Lois G. Britt Agricultural Service Center, the 17,164-square-foot building is intended to help regional livestock producers as well as 4-H youth programs.

As envisioned by the Coastal Carolina Cattle Alliance, the facility will help producers handle and sort their cattle locally and safely in preparation for market. "They will be able to individually weigh their calves and make their truckloads much more uniform and more desirable to the perspective buyers," said Justin Whitley, N.C. Cooperative Extension's Duplin County agent. He added that it will "help them improve the management of their herds through breeding soundness exams for bulls, Beef Quality Assurance training, low-stress handling, heifer development, etc."

The building includes office space, a show arena, sorting area, loading and unloading chutes and holding pens.

Among its educational uses, the 4-H Youth Livestock programs will use it for shows, judging and other activities.

Duplin County owns the building, Cooperative Extension operates it. It is debt-free, with some $643,000 in funding coming from Golden LEAF, N.C. Agriculture Development & Farmland Preservation Trust and other grants, donations and county support. It can be rented for a variety of activities. Contact Extension's Wanda Hargrove at (910) 296-2143.

Capital Credits

It pays to be a member of an electric cooperative

What are capital credits?

Because a cooperative is incorporated as a not-for-profit business owned by its members, it does not technically earn profits. Instead, any revenues over and above the cost of doing business are considered "margins." These margins represent capital furnished by the members to the cooperative for use as operating capital. This capital allows your cooperative to finance operations and construction, with the intent that this capital will be retired or returned to you in later years.

What's the difference between allocated and retired capital credits?

Allocated capital credits appear as an entry on the permanent financial records of the cooperative and reflect your equity or ownership in the cooperative. When capital credits are retired, a check or credit is issued to you. These payments generally are made to members after a specified time period. Each cooperative maintains its own policy on when capital credits are retired.

How are capital credits calculated?

All members who purchase electricity during a year in which the cooperative posts margins earn capital credits based on how much electricity they purchase in that year. The more electric service you buy, the greater your capital credits account—although the percentage will remain the same. The sum of your monthly bills for a year is multiplied by a percentage to determine the allocation of your capital credits.

What percent of my bill is returned as capital credits?

The percentage of your total payment that is allocated as capital credits varies from year to year, depending upon the margins of the cooperative. Capital credits are only allocated for a year in which your cooperative earns margins. Since capital credits are a member's share of the margins, no credits are allocated for a year when there are no margins.

Do I have to be a member for an entire year to earn capital credits?

No. Capital credits are calculated based upon a member's monthly bills. If you are billed for service for even one month, you will accumulate some capital credits, if your cooperative earns margins in that year.

Can I use the capital credits I have allocated to pay my electric bill?

No. Allocated capital credits may not be used to pay current bills. Your electric bill is due now, whereas you may not be entitled to receive your capital credits for many years.

What happens to the capital credits of a member who dies?

The capital credits of a deceased member may be paid without waiting for a general retirement. However, these estate payments are not automatic. A representative of the estate must request the credits by submitting verifying documentation required by your cooperative. Ask your cooperative how to submit a claim for a deceased member.

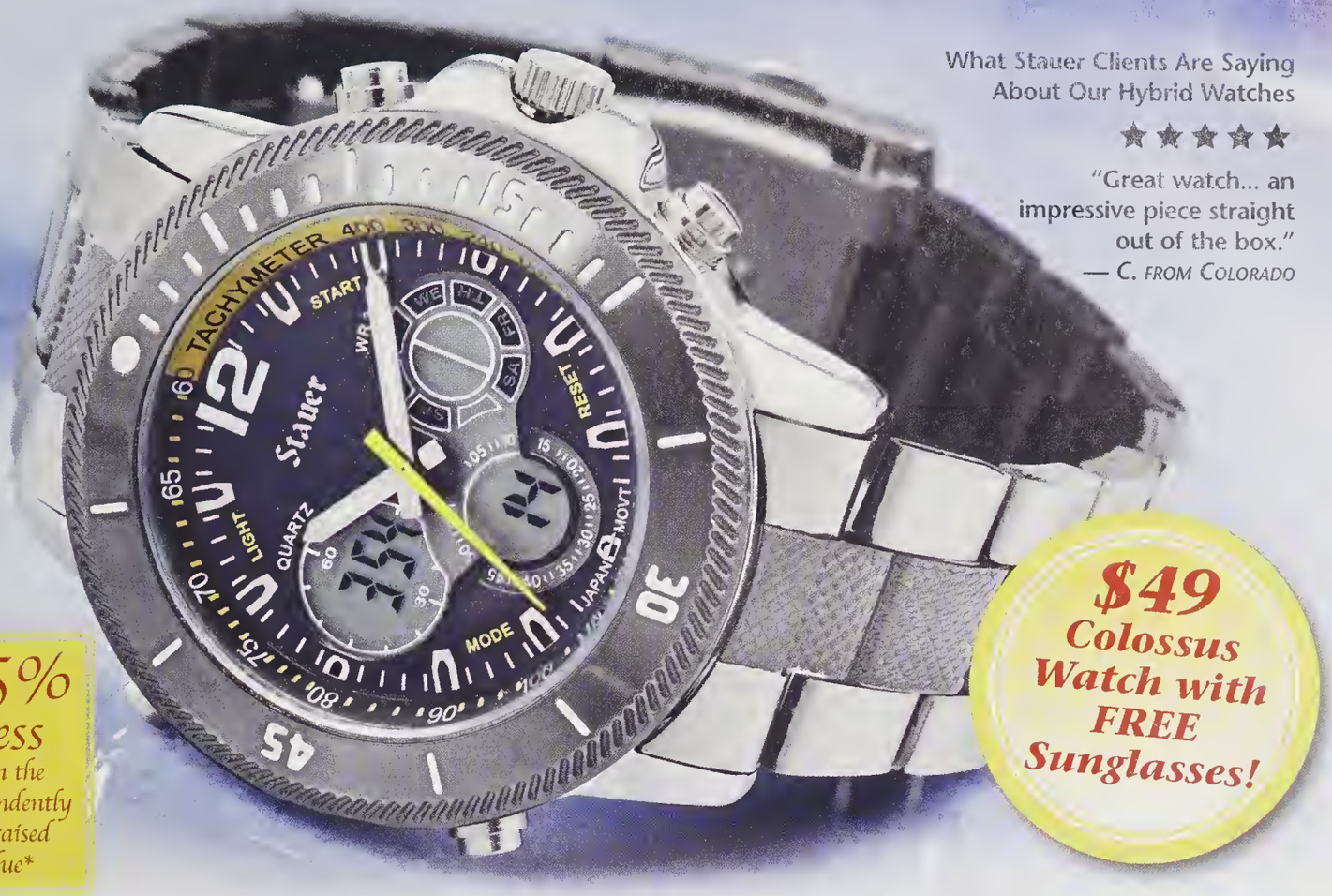
Will I receive a capital credits check or credit every year?

Not necessarily. The cooperative's board of directors must authorize a retirement before you receive a check or credit. When considering a retirement, the board analyzes the financial health of the association and will not authorize a retirement if it is not financially advisable.

What happens to my capital credits when I leave the cooperative?

Your capital credits remain on the books in your name and account until they are retired. Because payments generally are made years after you earn them, you should ensure that your cooperative has your current mailing address after you leave. If members who leave the cooperative do not later claim their capital credits, your cooperative makes a good faith effort to notify members or their estates that their capital credits are available.

This is the seventh in a series prepared by the North Carolina Association of Electric Cooperatives.



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Never underestimate your competition. Just ask Demetrius, the unfortunate Greek general who set out to conquer Rhodes in 305 BC. He assumed that a massive force of 40,000 men, a fleet of Aegean pirates and an arsenal of wall-smashing war machines would be enough to crush the tiny Greek island. He was wrong. The Rhodians were tougher than he thought. And so is this watch. If you've always believed that the biggest, baddest watches had to cost big, bad money, the $49 Stauer *Colossus Hybrid Chronograph* is here to change your mind.

A monument to toughness. The people of Rhodes were ready for Demetrius and repelled his attack. To celebrate, they built the Colossus of Rhodes, a 107-foot bronze and iron giant that towered over the harbor like a ten-story trophy. It warned future invaders that "Rhodes is tougher than you think." You give the same message when you wear the Stauer *Colossus*.

The timepiece that works twice as hard. The *Colossus Hybrid Chronograph* will keep you on schedule, but it's about much more than time. The imposing case features a rotating gunmetal bezel that frames the silver, black and yellow face. You'll find a battalion of digital displays on the dial arranged behind a pair of luminescent hands and a bold yellow second hand. Powered by a precise quartz movement, the watch is doubly accurate in analog and digital mode.

The *Colossus* is packed with plenty of handy extras including a bright green EL back-light for enhanced nighttime visibility, a tachymeter along the outer dial and a full complement of alarms and split-second countdown timers. It secures with a folded steel bracelet that highlights a row of striking dark center links. It's a rugged watch that's more than ready for your daily grind.

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Clearing the air

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Clogged air filters could add up to $82 to your electric bill every year. Checking, changing, or cleaning your filter monthly can save money and extend the life of your home's heating, ventilation, and air conditioning (HVAC) system.

Almost half of your annual energy bill goes toward keeping your home comfortable. While air filters prevent pesky dust and annoying allergens from clogging your HVAC system, dirt, like aging arteries, builds up over time. If left unchecked, a dirty filter strains a home's heart and forces the HVAC system to work harder to maintain a comfortable temperature in your home. This results in higher energy bills and, potentially, premature system failure.

Filter facts

Air filters protect HVAC systems and perform double-duty by collecting some lose dirt from the air. These handy sieves live in duct system slots or in return grilles of central air conditioners, furnaces, and heat pumps.

Successful filters have a short lifespan depending upon its installed environment—the better a filter catches dirt, the faster is gets clogged and must be cleaned or replaced. Leaving a dirty air filter in place cuts a home's air quality and reduces HVAC system airflow.

While removing a clogged filter altogether relieves pressure on the system, the system won't perform well for long without one. Unfiltered dust and grime accumulate on critical parts like the evaporator coil, causing a loss in heat transfer efficiency, costing you money and unnecessary wear and tear.

Monthly Check-up

The U.S. Department of Energy (DOE) advises checking an air filter once a month and replacing it at least every three months. It's critical to inspect and replace filters before seasons of heavy use like summer and winter.

—Megan McKoy-Noe, National Rural Electric Cooperative Assn.

Types of Air Filters

Filters are most efficient when new and/or clean. There are four different types of air filters, each with different benefits.

Fiberglass, Polyester

- Inexpensive, disposable, capture large particles (lint, dust)
- Replace every 1–3 months

Washable/Reusable

- Can be cleaned and reused
- Replace every few years
- Protects HVAC system, traps large particles

Pleated

- Disposable
- Larger surface area captures more particles

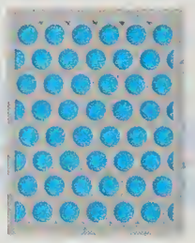
Electrostatic

- Disposable or reusable
- Charged fibers attracts and capture small and large particles

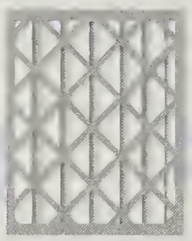
Source: HomeDepot.com

What Do Different Air Filters Block?

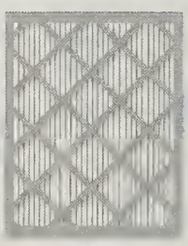
Air filters are rated by Minimum Efficiency Reporting Value (MERV). Filters with a higher MERV block more dirt, but also reduce airflow and system efficiency. Use this guide to find the right filter for your home or business.



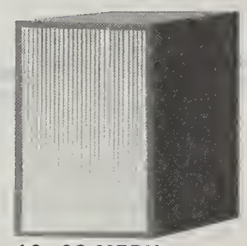
1–4 MERV
$2–$10



5–8 MERV
$10–$20



9–12 MERV
$18–$25



13–20 MERV
$$$

	1–4 MERV, $2–$10	5–8 MERV, $10–$20	9–12 MERV, $18–$25	13–20 MERV, $$$
Blocked Items	Pollen, sanding dust, large insect bodies	Pet dander, mold, spores, dust mites, hair spray	Lead dust, milled flour, car emission particles	Bacteria, virus, face powder, smoke, sneezes, paint pigments, oil, carbon dust
Filter Types	Disposable, washable	Pleated, disposable, electrostatic	Pleated, disposable, electrostatic	High efficiency particulate arrestance (HEPA), box *6–12 inches thick*, flexible 12*–36 inches thick*
Common Uses	Homes, window air conditioning units	Homes, general office buildings	Homes, better office buildings, businesses	Hospitals, drug and electronic labs

Source: epa.gov/iaq

Actual size is 40.6 mm

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CRUSHING THE TUSCARORA

Colonial militia vanquished eastern North Carolina's most powerful natives 300 years ago

by Michael E.C. Gery

This sketch depicts eastern North Carolina Indians capturing Christoph von Graffenried and John Lawson at the beginning of the Tuscarora War. (Courtesy of the State Archives of North Carolina)

Three hundred years ago this month, white colonists and their Indian allies decimated the last remaining stronghold of Tuscarora natives in the Carolinas. During the first three weeks of March 1713, fierce fighting culminated in a massive fire that destroyed the formidable Tuscarora fort, Neoheroka, near Snow Hill, Greene County, located in what is now a soybean field off Hwy. 58 North. Nearly 600 Tuscarora men, women and children were killed and almost 400 were taken into slavery. The destiny of what had once been the most powerful people of eastern North Carolina changed forever. And white colonial expansion into this region was assured.

After Europeans founded the towns of Bath (1705) and New Bern (1710), the Indians who lived in the Neuse and Pamlico watersheds alternated between trading with them and fighting with them. As they expanded their settlements, white colonists considered skirmishes with Indians a nuisance. The Tuscarora ("hemp gatherers") communities north of the Pamlico remained more or less neutral in order to keep a trading relationship with the colonists, while those in the south who experienced more confrontations grew more or less hostile. By summer 1711, during a yellow fever outbreak, hostilities had reached a peak, and Tuscarora and allies planned an attack. Armed with guns, they killed some 140 colonists on plantations near Bath. That September, New Bern's founder Christoph von Graffenried made his way up the Neuse along with English surveyor John Lawson of Bath, who had explored this area during the previous 10 years and considered himself friendly to the natives. But angry Tuscarora captured the party, killed Lawson and a black servant, and sent Graffenried back to New Bern to recommend against hostilities. Instead, the so-called Tuscarora War began and didn't end until the siege of Neoheroka.

The North Carolina colonials enlisted help from a South Carolina militia commanded by Capt. John Barnwell. These soldiers in winter 1712 began attacking Indians, killing some and taking others for slaves before heading home. Later that year, another South Carolina militia of mostly Indians, headed by Col. James Moore, rampaged Tuscarora villages and captured the chief, Hancock, of the lower tribe, who soon after was executed by the colonial government.

Eventually, Col. Moore's forces reached Neoheroka in early March 1713. The well-constructed fort was defended by battle-tested warriors for three weeks. Graffenried reported that "the savages showed themselves unspeakably brave, so much so that when our soldiers had become masters of the fort and wanted to take out the women and children who were under ground, where they were hidden along with their provisions, the wounded savages who were groaning on the ground still continued to fight."

Though sporadic outbreaks of guerilla violence would occur for another few years in the "lakes, quagmires, and cane swamps," destroying Neoheroka marked the end of any significant Tuscarora resistance to white settlers. Tuscarora sought refuge in the country's interior, and many then migrated north, ultimately joining the Five Nations of Iroquois in New York.

Recently, archeological excavation has occurred at the site of Fort Neoheroka, and in 2009 it was added to the National Register of Historic Places.

Much of today's information on the fort exists because of an early 18th century illustrated map, likely drafted by a Carolina militiaman. According to "Architecture of a Tuscarora Fortress," by Charles Heath and David Phelps, the fort measured 23,400 square feet and contained subterranean bunkers, which did precious little good in the end.

Ray Cavanaugh of Marblehead, Mass. contributed to this article.

To learn more

Catechna Indian Village, on the banks of Contentnea Creek at Grifton, is a scaled-down replica of an Indian village located across the street from the Grifton Museum. Open first and third Sundays, 1–5 p.m. or by appointment. (252) 524-0190 or www.griftonmuseum.com

The Tuscarora Nation One Fire Council maintains a replica Tuscarora village at the Tuscarora Nation Territory Tribal Grounds in Maxton, Robeson County. (910) 844-3352 or www.tuscaroranationnc.com

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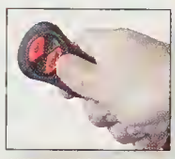

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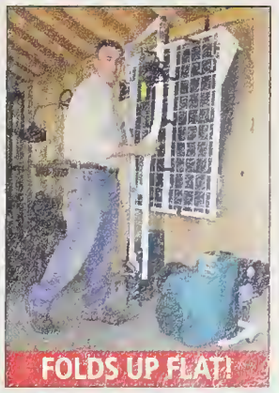

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Growing a nutritional garden

Top 10 plants that pack a vitamin and mineral punch

Text and photos by L. A. Jackson

What will you be growing in your vegetable garden this year? Going with veggies you like is logically the first consideration, but one more factor to think about is nutrition. If you want plants with plenty of vitamin and mineral punch, if you want to get maximum nutrition from your backyard garden, plant any of the following 10 truly nutritious vegetables:

Asparagus. It normally takes asparagus two to three years to mature in the garden, but the long wait will be worth it because this delicious edible is loaded with vitamins A, C, E and K, along with manganese, copper, selenium, iron and potassium. This veggie is best planted between the beginning of the year and mid-March.

Broccoli. This vegetable can be grown in early spring or late summer, and it is a powerhouse of nutrients loaded with potassium, calcium, manganese and iron as well as an alphabet of vitamins A, B, C, E and K.

Brussels Sprouts. A veggie that is best started in midsummer and grown as a fall crop in this region. When properly prepared, they are quite tasty, and rich in vitamins A and C, iron, potassium and manganese.

Cabbage. Who needs milk if they eat their cabbage? This leafy vegetable is an excellent source of vitamin C as well as potassium, iron, phosphorus and manganese. Keep in mind that smaller, darker green heads have more nutrients than large, tight cabbage heads. Start plants in March for a spring crop, and then replant in August for a fall harvest.

Carrots. Bugs Bunny's favorite veggie is brimming with vitamins B6 and C, potassium, manganese and beta-carotene. Late February into early March is the prime time to sow seeds for a spring crop, and then double the nutritional pleasure by having seeds ready to go in the ground in mid-July for an autumn bed of carrots.

Greens. This catch-all category includes cool-season edibles such as kale, mustard, spinach and turnip greens, and all of them are super sources for vitamins A and C, iron and calcium. Plant them in March for a spring harvest and then reload the garden again in August to keep the greens coming though the fall frosts.

Peas. Both English and edible pod peas run the gamut of good nutrition by being loaded with vitamins A, C and K, and the minerals manganese, phosphorus, copper and iron. Anytime between the beginning of the year until the first week of March is when you should plant these nutritious nuggets.

Bell Peppers. These peppers have large amounts of vitamins C and K as well as potassium and manganese, and as an added bonus, if you can wait for your green peppers to turn a mature red, the vitamin A content will really jump. It is best to plant these heat-seekers in late April.

Tomatoes. They are a terrific source for vitamins A, B6, C, E and K. Ditto for potassium, phosphorus, copper and manganese. Also, remember that, in general, the deeper the red of the variety, the higher the vitamin content of the fruit. Like peppers, tomatoes are sun-worshipers, so wait until late April to set seeds or plants in the garden.

Winter Squash. The hard-shelled, yellow varieties come loaded with calcium, magnesium, potassium and manganese, as well as vitamins A, E, B2 and C. And don't let the name fool you—like summer squash, winter squash can be planted after the ground warms up in late April.

L.A. Jackson is the former editor of Carolina Gardener Magazine. If you would like to ask him a question about your garden, contact L.A. at: lajackson1@gmail.com.

Ode to the oakleaf

A showy hydrangea plus March gardening tips

Text and photos by L. A. Jackson

The oakleaf hydrangea is as advertised—and more. This Southeast native is named for the fact that its deeply lobed leaves resemble those of an oak. Even its botanical name gives away the similarity: *Hydrangea quercifolia*, with "querci" being the Latin derivative for "oak" and "folia" meaning "leaf."

This medium-size, deciduous shrub grows (depending on the cultivar) 4 to 8 feet tall and up to 12 feet wide. It shows off tapering panicles of white to cream-colored flowers that range from 4 to 12 inches long and 3 to 4 inches wide. Quite showy, to say the least! The blooms fade to light rose and then a soft brown. The blossoms also persist on the stems, making them ideal material for dried arrangements.

Oakleaf hydrangeas bloom on old wood formed the previous season, so if any pruning is necessary, do it right after the flowers begin to fade.

And as impressive as this hydrangea's flowers can be, just wait until fall! That's when its distinct leaves put on their own show by turning stunning shades of bronze, burgundy and purple.

Oakleaf hydrangea prefers a well-draining site that gets early sun and a bit of afternoon shade. This is an ideal placement because the blooms will last longer with some late shade, while the morning sunshine will help brighten this hydrangea's fall foliage colors.

As with many native plants of note, there are cultivated spin-offs from the species. 'Alice' is one of the more popular commercial selections because of its long (up to 12 inches) panicles and outstanding autumn colors. Also consider 'Snowflake', which has multiple sepals that pile on top of older ones, creating a double-flower look. And if garden space is at a premium, 'Pee Wee' is your kind of oakleaf because it only stretches to about 4 feet tall and wide. 'Little Honey' is another 4-foot shortie, and its bright chartreuse leaves really make it stand out.

Garden To Do's

March

- Annual vegetable and flower beds should be rejuvenated by being tilled. While the dirt is being turned over, mix in liberal amounts of compost, leaf mold or other decayed organic matter to help improve the tilth and add natural nutrients into the soil.
- Summer beauties such as althea, buddleia, vitex, crepe myrtle and pomegranate can be pruned at the beginning of March to stimulate more flower production later in the growing season.
- Easy on the pruners! Not all trees and shrubs benefit from a spring shearing. Wait to snip early-blooming beauties such as azalea, camellia (*Camellia japonica*), Carolina jessamine, forsythia, flowering quince, spirea, viburnum, mock orange, weigela and Oriental magnolia until after their flowers have faded.
- Keep fallen *Camellia japonica* blooms raked up to help prevent camellia petal blight, which is caused by a soil-borne fungus that thrives on the spent flowers.
- Cool-season veggies such as cabbage, leaf lettuce, mustard greens, radishes, spinach, turnips, onions, potatoes and kale can be started any time this month, weather permitting. Also, beets, broccoli, cauliflower and Chinese cabbage can be planted by the third to fourth week of this month.
- Migratory birds should be returning soon, so welcome them back by cleaning old nests and debris out of bird houses and giving the bird bath a good scrubbing.

L.A. Jackson is the former editor of Carolina Gardener Magazine. If you would like to ask him a question about your garden, contact L.A. at: lajackson1@gmail.com.

Oakleaf Hydrangea

Tip of the Month

Before turning over the garden soil for spring plantings, grab a handful of dirt first and squeeze it. If it holds together in a tight ball, it is way too wet. Let it dry for at least a week and then till. Working soggy soil early in the growing season will only guarantee your first harvest will be a bumper crop of dirt clods.

Any way you slice it

Nothing beats a North Carolina-grown tomato

By Carole Howell

Tomato 911

If your tomatoes are failing or you have questions, contact a seasoned gardener from the Cooperative Extension Service's Master Gardener Program. These trained volunteers can help you nurse your tomato plants as well as your lawn, fruits, trees and ornamentals. There is a trained Master Gardener volunteer in nearly every one of North Carolina's 100 counties. To find one near you, visit the NC Cooperative Extension website at www.ces.ncsu.edu. You can also call your county's Extension office for the name and phone number of your Master Gardener volunteer.

Some swear by round, red tomatoes while others prefer a less acidic yellow. Others will disagree and think heirlooms are the only ones worth slicing.

I prefer to grow the huge round reds of the Big Boy and Better Boy varieties simply because I'm not one to mess with a good thing. Practically speaking, one thick slice is all you need for a tomato sandwich.

Christopher Gunter, of the N.C. State University Department of Horticultural Science, knows a little bit about tomatoes. He has spent his career helping tomato farmers grow the most popular types for the commercial market.

"Just about any kind of tomato will grow well in North Carolina," says Gunter. "While North Carolina's soil differs greatly from the coast to the mountains, it's possible to be successful if you know a little bit about tomatoes and what they need to grow."

His advice for the backyard tomato gardener is to start by preparing the soil.

"Tomatoes love the sun, so prepare your beds in full light," says Gunter. He suggests laying in 2 or 3 inches of commercial or homemade compost in the fall or spring before planting. The compost should be worked into the top 6 to 9 inches of soil. This is especially important for the soil of the sandier east coast region of North Carolina and the clay of the Piedmont.

If you're wondering exactly what nutrients your soil lacks, you can purchase a soil sample test kit at your county's Cooperative Extension office and follow the simple directions.

Which types are best for NC?

"Choosing which of the many varieties of tomatoes you plant depends on your tastes and how you plan to use them," says Gunter. "Don't be afraid to experiment with several types to find one that appeals to your taste buds."

Better Boy, Whopper, Celebrity, and Mountain Pride are proven good performers for slicing and canning while cherry tomatoes of many types add color to salads or enjoyment by the handful.

Better Boy, Whopper, and Celebrity are resistant to some of the most common tomato diseases. After all the work and anticipation, you don't want your precious fruit to wilt on the vine. Avoid blossom end rot by working in calcium or a fertilizer with calcium additive, available at your garden or variety store.

Gunter says it really doesn't matter if you start inside with seeds or purchase your plants. Choose plants that have healthy green leaves with no hint of disease. Plant tomatoes 1½ to 2 feet apart with 3 or 4 feet between rows. Stake or cage your plants shortly after planting. Strips of old panty hose make excellent tomato ties.

Once your tomatoes have started to bear fruit, sidedress your tomatoes 4–6 inches from the plant stem with 2 or 3 teaspoons of 8-8-8 or 10-10-10 fertilizer.

Whatever type you choose, make sure to grow plenty for yourself and for sharing. Almost everyone loves a fresh, homegrown tomato.

For me, a thick, bright red slice on white bread (only white) with Duke's mayonnaise (the only kind) and lots of salt and pepper, is a good start toward a second sandwich.

Carole Howell is a writer who lives in Lincolnton. Visit her website at www.walkerbranchwrites.com

Grow a straw bale garden

A how-to guide

Text and photos by Kent Rogers

A straw bale garden is especially convenient for people who don't have a large plot of ground to till, or who are physically unable to do a lot of kneeling, bending, raking and hoeing.

I have learned that any type of straw or hay bale will work. Pine straw will not work. Ask a nursery where to get them. Bales that are tightly packed work best. Shop around for bale prices.

Use bales with regular twine if you can, because the twine will rot along with the bale. Synthetic twine does not rot but will be OK.

Arrange your bales in rows so they can help hold each other together. Orienting the bales with strings on the ground works best.

If you make more than one row of bales, put them wide enough apart so your lawnmower can get between them. And because you'll be watering them, place bales where the water will drain away.

You can set your bales out and start preparing them any time. The earlier the better as the bales will soften up more over time and make transplanting easier.

It takes at least 10 days to prepare your bales.

Water the bales thoroughly for the first few days. Keep them moist from here on out.

In warm weather the bales will go through an internal heat process as decomposition starts. Once the inside of the bales don't feel warm to your hands you're ready to transplant.

I recommend some sort of liquid fertilizer. I use liquid Miracle Gro as needed.

You can use seeds if you add some potting mix on top of the bales for germination. I transplant my vegetables directly into the bales.

To transplant your veggies into the bales, use a trowel to help make a crack in the bale for each plant. Place the plant down to its first leaf. I like adding some potting mix to chink the crack around the plant. Close the crack back together.

The brown single row is my potato row. I'm using some old straw from my double row of cukes last year.

How many plants per bale?

Try 2 or 3 tomato plants, 3 peppers, 2 sets of squash, up to 4 cucumber sets, and 3 or 4 okra plants per bale.

Be prepared to stake or trellis any plant with a stalk. I recommend using a tall trellis for tomatoes. Tomatoes can easily get 8 feet tall.

I don't recommend corn with this method. They will get too top heavy.

The bales may start to sprout, but that is no problem. I give my bales a "haircut" every so often with a knife.

I don't have nearly the worms, bugs, or other pests as a traditional garden. But you can use pesticides or fungicides as needed.

At season's end you can use the bales for mulch, or bust them up and set new bales on them next year.

Kent Rogers of Wake Forest is a member of Wake Electric, a Touchstone Energy cooperative. You can contact him by mail at 13028 Powell Rd, Wake Forest, NC 27587, and by e-mail at kent.rogers@earthlink.net.

For additional information and a lot more photos, visit his online bale gardening thread at: www.4042.com/4042forums/showthread.php?t=12405

For tomatoes, I use a 4-by-4 post, 10 feet long. Put the post 2 feet in the ground. I used concrete reinforcing wire for my trellis. It's 5 feet wide and has 6-inch squares so you can pull through from either side. Dog wire, hog wire, etc. will also work.

Cukes and squash in a double row gives you a nice little tabletop for the cukes to run on and then they'll drape over the sides. I put newspaper around the bales for the cukes to run on and to prevent grass from growing up in the vines.

'Global warming'

Gazing globes grace gardens in unusual ways

Text and photos by L. A. Jackson

Gazing globes have been an ornamental staple in southern gardens for years because the allure of these orbs is just too great for gardeners to resist! But typically these shiny spheres have been found perched on top of concrete bases (most of the time, the remains of a broken bird bath). Used—or perhaps more correctly, overused—in this manner has often caused gazing globes to be lumped into the less-than-flattering category of "yard art."

However, there are other ways to display gazing globes—creative ways that can help restore the fun and charm to an old garden favorite, and give a new meaning to the term "global warming." For starters, find a tree. Not just any tree, but an old guardian in the garden that has three or more trunks. In the cavity at the base, simply nestle a few gazing globes of different sizes and colors to pleasantly surprise passersby.

Of course, not every garden is graced with large, stately trees, but there is another trick that can provide a treat in almost any landscape. Take a round wire tomato cage, turn it upside down and bend the wire prongs out so they can securely support a gazing globe from its bottom. Next, slip the cage underneath a flowing, flowering shrub such as forsythia, potentilla, spirea, weigela or kerria. Place the gazing globe on the prongs and position it so the sphere is slightly nuzzled into the flowers and foliage from above. This creates a "floater"—a magical bit of mischief that makes gardening fun!

Speaking of floating, think beyond the flower border and consider placing a few globes in the water garden where their constant colors will add visual zing during times when aquatic plants are not in bloom.

Since most gazing globes are made of glass, it is not a bad idea to bring them inside by the end of autumn. This not only prevents the fragile spheres from becoming victims of falling branches in the winter, but it also provides the opportunity to clean them so their captivating glow will be restored and ready for yet another growing season in the garden.

L.A. Jackson is the former editor of Carolina Gardener Magazine. If you would like to ask him a question about your garden, contact L.A. at: lajackson1@gmail.com.

The Indestructible Orb

Want a tough gazing globe guaranteed to survive the worst that can ever happen in a garden? Look in the back of your closet or at a local flea market for an old bowling ball. Wipe it clean with alcohol and sand lightly by hand to rough up the surface. Spray the ball with three coats of outdoor paint in a bright, cheerful color, and then add this unbreakable, eye-catching orb to the garden.

Beneficial companions

Plants thrive by being near each other

By Kris Wetherbee

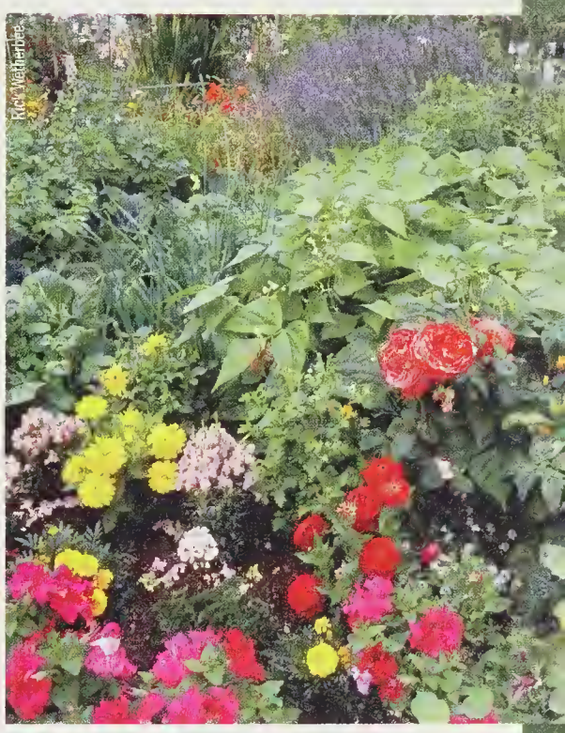
Companion planting is a way to encourage your plants to thrive by strategically placing certain plants near each other.

It benefits your garden in several ways: by attracting beneficial insects and bug-eating birds as well as providing nutrients and protecting against disease. A bonus for you and your family: some companion plants also deter pest insects, according to the North Carolina State University Cooperative Extension. Garlic can be a good companion plant because it deters a variety of pests, including mosquitoes. Try planting it with beets, eggplants, tomatoes, peppers and broccoli. Basil helps neighboring plants such as lettuce, peppers and tomatoes thrive, and also repels mosquitoes.

You can grow companion plants as a border around other plants, mixed within rows or interspersed throughout a bed.

PLANT	PLANT WITH	COMMENTS
Beans	cabbage family, corn, eggplant, lettuce, marigolds, petunias, potatoes	deters potato beetles, fixes nitrogen
Calendula	cabbage family, corn, lettuce	attracts minute pirate bugs and lacewings
Carrots	lettuce, marigolds, onions, parsley, tomatoes	keep away from dill
Cabbage family	aromatic herbs, chamomile, marigolds, onions, nasturtiums, potatoes	keep away from strawberries & tomatoes
Catnip	eggplant, lettuce, oriental greens, potatoes	repels flea beetles; use as a mulch
Cucumbers	lettuce, nasturtiums, onions, peas, petunias, radish	keep away from sunflowers & potatoes
Geraniums	cabbage family, grapes	repels cabbage worms, Japanese beetles
Lettuce	beans, cabbage family, calendula, carrots onions, peas, pansies, radish	compatible with most garden plants
Marigolds	all garden plants	repels aphids, potato & squash bugs; mass plantings kill nematodes
Nasturtiums	all garden plants	deters many pests; masks plant odors
Onions	most garden plants, except peas & beans	deters many pests; masks plant odors
Petunias	eggplant, grapes, greens, squash	also plant with any vegetable bothered by leaf hoppers
Peas	carrots, corn, cucumbers, potatoes	fixes nitrogen; keep away from onions
Peppers	basil, carrots, onions, parsley	keep away from fennel
Radish	especially carrots, cucumbers, squash	repels cucumber beetles
Squash	nasturtiums, onions, petunias, radish	keep away from cucumbers & melons
Tomatoes	basil, carrots, chamomile, marigolds,	keep away from fennel & potatoes

Oregon-based writer Kris Wetherbee specializes in the areas of gardening, food and outdoor living.



A diversified garden uses a variety of plant odors, colors, and textures as natural pest barrier. Cabbage moths are confused when the scent of broccoli and cabbage are masked by onions and carrots growing next door.

Vertical gardening

Use upward space to grow your edibles

By Kris Wetherbee

A vertical trellis — anchored by wood on either end and rows of hand-strung twine offering an easy path to sunlight — suspends a wall of beans.

Trellising eliminates soil contact so vegetables and fruits stay cleaner and are less likely to rot. Fruits are quicker to ripen and often more flavorful due to the additional sunlight exposure.

Growing vegetables and vining fruits on an arbor or vertical trellis is the most efficient way to add space in a less than spacious garden. Not only will you be able to grow more produce in less space, but the added sun and air on plant surfaces will help bring a superior quality to the produce.

Growing vertically improves air circulation, which helps minimize mildew and other plant diseases. Trellising also eliminates soil contact so vegetables and fruits stay cleaner and are less likely to rot. Fruits are quicker to ripen and often more flavorful due to the additional sunlight exposure. And since the veggies and fruits are more visible and not hidden beneath lush growth, they can be harvested at their peak of perfection.

Trellising also saves strain on your back as there is minimal stooping, bending or hunching over needed to harvest crops. And just imagine the extra watering, weeding and feeding it would take to grow enough bush beans or peas to equal the yield that pole varieties produce when grown on vertical supports.

Getting started

Before setting up any type of trellis system, amend the soil with lots of rich compost or well-rotted manure prior to planting. This is key to producing optimum yields in a smaller space. The soil should be deep and well-drained to allow roots to extend vertically. Where and how you situate your trellis system is equally important. Keep in mind that plants grown vertically will cast a shadow. Running your trellis in an east-to-west direction on the north side of your garden will create optimal light exposure for trellised plants while casting the least amount of shadow in the garden. Shadows cast over neighboring sun-loving crops can be minimized by running your trellis in a north-to-south direction, though vertical plants on the northern end of the trellis will receive less light than plants on the southern end.

A few shadows are inevitable but can become an asset if you use them to your advantage by planting shade-tolerant crops such as lettuce, spinach and other heat-sensitive vegetables, flowers, and herbs near a plant-laden trellis.

Standing tall

A variety of trellis systems can be used to grow vegetables vertically, from cages and hog panels, to poles, stakes and strings, and store-bought trellises and arbors. Plants are typically grown up plastic or string mesh, chicken wire, hog panels, or hand-strung twine or wire attached to trellis supports. These supports are often made of metal, wood, bamboo, plastic or PVC pipe.

Oregon writer Kris Wetherbee specializes in the areas of gardening, food and outdoor living.

Using trellises

By Kris Wetherbee

Try cages, teepees, A-frames, even corn stalks

There are many different kinds of trellis systems to choose from for your garden. Here's an overview of some of the most useful setups.

Cages: Often used for tomatoes, cages can also support prolific peppers and eggplant. Reinforce cone-shaped cages by sinking two to three stakes on the inside of the cage.

Metal stakes and spiral rods: Plants are wound around and loosely tied up a single 6- to 8-foot tall stake or rod. Fruit is easily accessible, but the plant must be pruned to one main stem for optimum effectiveness. Best suited for growing tomatoes.

Teepees: 8- to 10-foot poles made of bamboo, wood or metal are used to make this teepee-style trellis. The frame is wrapped in string, chicken wire or netting for vines to climb. Ideal for pole beans, pole peas and cucumbers.

Organic trellis: Corn stalks can be used as support posts for growing beans. (Sow corn three to four weeks before sowing beans.) Wood branches with twiggy growth and a stem at least 2 inches in diameter (sink the stem into the soil at least 1 foot deep) create an organic structure for supporting vigorous bush peas and beans.

A-frame trellis: Two heavy-duty wire panels or wooden frames covered with wire or plastic mesh are leaned together to form an A-frame and then secured at top with wire or hinges. Seeds are then sown along both sides at the bottom of each frame. Best for beans, peas and most edible vining and non-bush crop varieties with small fruits.

Row trellis: For the "Frame and Wire" method, a wood, metal or PVC pipe frame with extended legs is sunk 1 to 2 feet into the ground. Wire or twine is then tied to the upper and lower sections of the horizontal frame. The "Stake and Weave" method consists of 6- to 10-foot steel T-posts spaced 4 to 6 feet apart. Heavy-duty string, twine or wire is stretched horizontally between posts and then attached to each post. For tomatoes, weave a new line around plants as they grow in height. Attach trellis netting to the posts with staples or tie with wire or twine for growing cucumbers, pole beans or peas.

Supporting fruits and vegetables

Basically, any vining or sprawling plant with fruits smaller than a bowling ball can be trellised as long as there is a sturdy, tall structure strong enough to support the weight of the mature plant and its fruits.

Lightweight trellis structures are often adequate to support the weight of cucumbers, pole beans and peas. Those needing sturdier support include indeterminate tomatoes, non-bush varieties of summer squash and small-fruited winter squash.

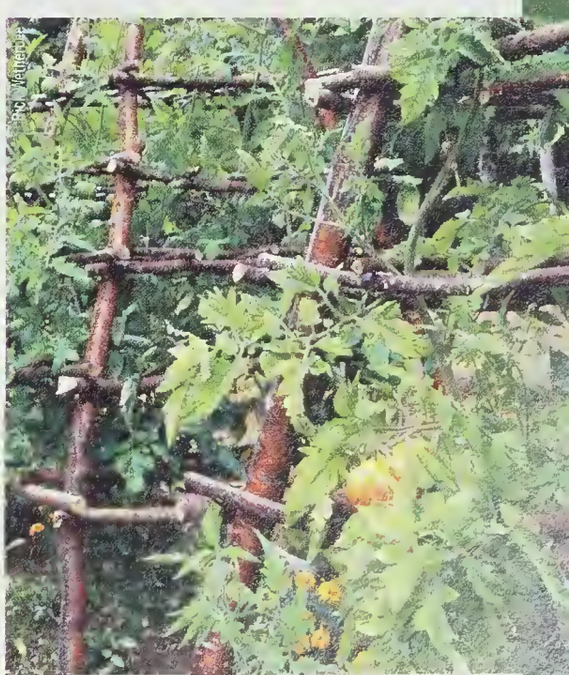
A heavy-duty trellis is required to support grapevines and non-bush varieties of small melons or pumpkins (bowling ball size or smaller) and winter squash. You can further support developing melons, pumpkins and squash with a sling made of nylon stockings or other stretchy material attached to the trellis.

Oregon writer Kris Wetherbee specializes in the areas of gardening, food and outdoor living.

Better cukes

Cucumbers grown on trellises displayed improved quality, especially in their shape and color (no yellow "ground" spots), compared to non-trellised yields, according to a study by Cooperative Extension horticultural specialists at North Carolina State University. The trellised cukes were also easier to control regarding many diseases and insects.

Running your trellis in an east-to-west direction on the north side of your garden creates optimal light exposure for trellised plants while casting the least amount of shadow.



Eight- to ten-foot poles made of willow branches made this teepee-style trellis. The frame is wrapped in string, chicken wire or netting to provide a surface for vines to climb.

Protect and enrich your plants

Place mulch by hand to protect new plantings, and keep a "mulch-free zone" around plants, trees, and shrubs: about a 1- to 2-inch space for plants, 4- to 8-inch circle around shrubs, and a 12- to 36-inch circle around the base of trees.

Mulch enriches the beauty and health of your garden plants and overall landscape, as seen with this path of bark mulch through an herb garden.

NC soil tests

Soil analysis is a free service for North Carolina residents. To find out more, check with your county's Cooperative Extension office (visit www.ces.ncsu.edu/local-county-center for a list). The analysis takes a number of weeks but you can purchase kits for faster, less detailed results at garden centers.

Mulch is a multi-tasker for your yard and garden

By Kris Wetherbee

Covering the ground with mulch is a quick and easy way to protect and enrich the beauty and health of your garden plants and overall landscape. In fact, mulch can make the difference between a plant that thrives and one that dies.

"North Carolina experiences wide weather fluctuations, which can dramatically affect plants," says landscape designer Mark Sanborn. "Mulch keeps temperatures around the roots of plants cooler in the summer and more stable in the winter. Mulch also keeps moisture in, discourages weeds and builds up soil as it decomposes."

Most any type of organic or inorganic material that you spread or lay on top of the soil is referred to as mulch. Here are common organic mulches.

Bark, chipped or shredded, is best used around trees, shrubs and perennial beds. It's durable, attractive, stays in place and decomposes slowly; however, large chips may be difficult to work with.

Aged wood chips and shavings are best for perennial beds and garden paths; both offer the same benefits as bark. Do not use chips from pressure-treated wood.

Compost is rich in nutrients and ideal for vegetable and ornamental beds. It holds in moisture while protecting against plant diseases, though it may contain weed seeds.

Grass clippings can be spread on new beds as well as vegetable and ornamental beds. One plus is that it's readily available. It also improves the soil and quickly decomposes for a summer mulch. Use only unsprayed clippings.

Well-rotted manure, a.k.a. "aged manure," is great for vegetables. It feeds and improves the soil and keeps it moist. Avoid fresh manure as it may burn or even kill tender plants.

Leaves make a nice mulch for ornamental and vegetable beds as well as winter cover. They improve the soil and provide winter insulation. Always shred leaves before using.

Pine needles function best as a winter cover for ornamental beds and shrubs. They're moisture retentive, lightweight, weed-free, a soil improver and intoxicatingly fragrant, though not always available. Dry pine needles are also flammable.

Straw and hay should be reserved for vegetable beds and as a winter cover. They're inexpensive, lightweight insulators, but they may contain weed seeds, can be flammable, and are not very ornamental.

Understanding soil pH

Soil pH (short for potential hydrogen) is a measurement of active soil acidity or alkalinity. It is indicated in units that range in pH from 1.0 to 14.0, with 7.0 being neutral (soil that's neither acid nor alkaline). Soil that registers less than 7.0 is considered acidic, while readings higher than 7.0 is alkaline.

Different plants have different limits for the pH range they can tolerate. However, the majority of garden plants grow well in a slightly acid to neutral soil with a pH of 6.0 to 7.0. If your soil is too acid or too alkaline it can tie up essential nutrients needed by growing plants.

Most soils in North Carolina tend to be acidic. To raise the pH of acidic soil, use an alkaline material such as limestone, oyster shell or hardwood ashes. Lower the pH of alkaline soil with acidic materials such as sulfur, peat moss, sawdust or ground bark.

Oregon writer Kris Wetherbee who specializes in the areas of gardening, food and outdoor living, wrote these articles. Added sources include Mark Sanborn Landscaping Co., based in Raleigh.

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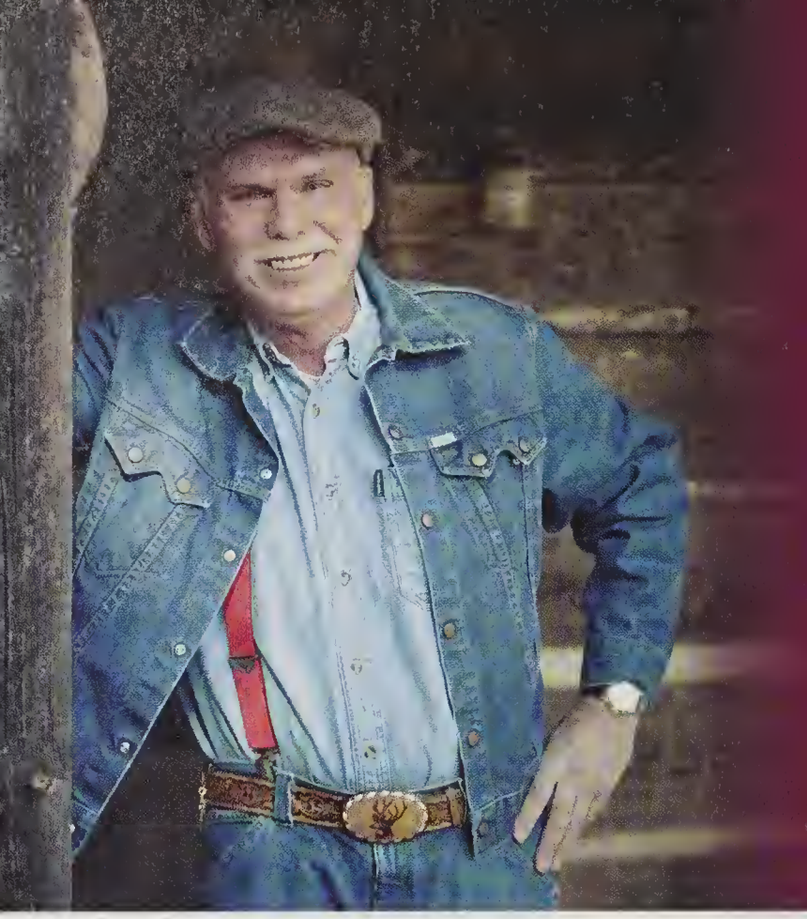

Open a Mind, Touch a Heart

Storytellers continue a North Carolina tradition

By Margaret Buranen

Ray Mendenhall of Burgaw describes himself as "a prize-winning liar." Ed Duke, who grew up poor in Bynum, says he's a real Huck Finn. Charlie St. Clair from Asheville says that "all of my stories are true… and some of them actually happened."

These three are among the members of the North Carolina Storytelling Guild. The N.C. Association of Black Storytellers is another group who loves to tell and hear stories both familiar and original.

Storytelling Events

March 21-23: Storytelling Festival of Carolina, Laurinburg

April 6–7: Do Tell Storyfest, Hendersonville

May 3: Hatteras Storytelling Festival, Hatteras

May 18: Storytelling at Fletcher Feed & Seed, Fletcher

May 27: Memorial Day at the Orchard storytelling and music, Spruce Pine

June 7–9: Ocrafolk Music, Storytelling & Art Festival, Ocracoke

July 20: Storytelling at Fletcher Feed & Seed, Fletcher

November 24: Tellebration, Asheville

TBA November: Brevard Storytelling Festival, Brevard

They enthrall young and old North Carolinians with tales about ghosts and pirates (Terry Rollins, children's librarian in Washington); legends of the southern Appalachians (J.A. Bolton of Rockingham, Doyle Pace of Boone, Sharon Clarke, with folk music on the side, of Connelly Springs); farm life in eastern North Carolina with 12 siblings (Priscilla Best of Goldsboro); and much more.

Mitch Capel, aka "Gran'daddy Junebug," uses the African oral tradition "call and response" to teach good behavior to students in grades K–12. He also does presentations interpreting Paul Laurence Dunbar's work.

Mendenhall says that "storytelling is like nothing else. There is an interplay, a connection, between the storyteller and the audience. Storytelling is not scripted, so the storyteller is always listening to his audience. Sometimes you change things as you go along."

The semi-retired Presbyterian minister especially enjoys telling funny stories and folk tales from other countries

Lona Bartlett, president of the N.C. Storytelleing Guild, in action in Brevard.

Top of page: *J.A. Bolton says, "I was raised in Richmond County along the banks of the Pee Dee River. I loved to hear the old characters tell their tall tales. Won't long I was telling with the best of 'em."*

and cultures. He admits that storytelling "improved my preaching tremendously. I adopted a narrative style for sermons."

Mendenhall bills himself as "The Jolly Man." This character of an itinerant musician and storyteller is found in African, Jamaican and other cultures. He traces his interest in storytelling to his childhood. "I come from a family who always told stories and jokes, mostly on each other. Then I started telling stories as a camp counselor and in Scouts. I started doing it professionally in 2001."

When Gwen Rainer takes the stage at the Storytelling Festival of North Carolina (www.storyarts.info), later this month in Laurinburg, she'll be the featured regional storyteller. Like many professional storytellers, Rainer got started telling stories to students. She was a librarian in the Scotland County Public Schools.

Rainer and the other storytellers are participating in an activity that people have been doing for centuries. Why is the ancient art storytelling so popular in an age of high tech?

Storyteller Wright Clarkson of Charlotte says simply, "Share a story, open a mind, touch a heart."

Margaret Buranen is a writer who lives in Kentucky. She wrote about mystery writer Margaret Maron in the March 2012 issue of Carolina Country (read it at www.carolinacountry.com)

People interested in telling stories professionally meet monthly in Asheville, Washington, Laurinburg, Mount Airy and Greensboro. Children and adults are invited to be the audience for the Apex storytellers, at the Wake Zone Coffee House on the second Tuesday of each month at 7 p.m.

Professional storytellers also appear at the Fall Storytelling Festival (Brevard), Wake County Storytelling Festival, Do Tell Story Festival (Hendersonville), Tellabration (Asheville), Bold Faced Liars Showdown and Storytelling Festival of Carolina (both in Laurinburg), and others.

For more information about storytelling in North Carolina or to find a storyteller to book for a children's event, family reunion, corporate meeting or party, see www.ncstoryguild.org or www.nabsinc.org.

Loldygocks & the Bee Threars

By Susan L. Adams

There was once a gittle lirl called Loldygocks. She wasn't a terribly good gittle lirl—she didn't mean to be bad, she just thidn't dink sometimes.

Well, not too far from where Loldygocks lived, there was a hittle louse weep in the doods and in it lived bee threars: the Baddy Dare, the Bommy Mare, and the Bittle Littly Bee Wear. One morning the Bommy Mare fixed a wonderful breakfast of hot porridge. The bee threars started to eat their breakfast, but the porridge was who tot! So the bee threars decided to woe for a galk weep in the doods.

Well, who should come along then but Loldygocks. She walked right into the bee threars hittle louse, she didn't even knock! (Isn't that a shirty dame!) Loldygocks sat right down at the titchen kable and tasted that porridge. But the porridge in the big bowl was who tot! The porridge in the middle-sized bowl was coo told! But the porridge in the bittle litty bowl was rust jight, and Loldygocks ate it until it was gotally tawn! (Isn't that a shirty dame!)

Then Loldygocks got up and went into the riving loom and decided to try out the chairs she saw there. But the big chair was who tard! The middle-sized chair was soo toft! But the bittle litty chair was rust jight, and Loldygocks rocked and rocked in that chair until it broke into a chillion mieces! (Isn't that a shirty dame!)

Then Loldygocks went upstairs to the redboom and decided to try out the beds she saw there. But the big bed was who tard! The middle-sized bed was soo toft! But the bittle litty bed was rust jight, and Lodlygocks lay down and slent to weep. (Isn't that a shirty dame!)

Well now, who should come home from the weep doods but the bee threars.

"Bumsuddies been pasting my torridge!" said the Baddy Dare.

"Bumsuddies been pasting my torridge!" said the Bommy Mare.

"Bumsuddies been pasting my torridge," said the Bittle Litty Bee Wear, "and it's gotally tawn!" (Boo hoo hoo!)

Worried, the bee threars went into the riving loom.

"Bumsuddies been citting in my shair!" said the Baddy Dare.

"Bumsuddies been citting in my shair!" said the Bommy Mare.

"Bumsuddies been citting in my shair," said the Bittle Litty Bee Wear, "and it's broken into a chillion mieces!" (Boo hoo hoo!)

Very worried, the bee threars went up to the redboom.

"Bumsuddies been beeping in my sled!" said the Baddy Dare.

"bumsuddies been beeping in my sled!" said the Bommy Mare.

"Bumsuddies been beeping in my sled," said the Bittle Litty Bee Wear, "and she's hight rear!"

Well, when Loldygocks woke up and saw the bee threars, she jumped out of bed and ran out of the hittle louse as fast as she could go. But, the bee threars ran after her, and they caught her and they took her back to their hittle louse. And then...

The bee threars asked Loldygocks to cook them a big stack of canpakes with saple murrip, and she did! Then they asked her to glue together the chillion mieces of the Bittle Litty Bee Wear's chair, and she did—she was very crafty! And then they asked her to read the Bittle Litty Bee Wear a bedtime story, and she did! She read him the story of Beeping Sleauty. And then they all lived happily ever after. And Loldygocks tried very hard to be a good gittle lirl from then on, and that's not a shirty dame, is it?

Storyteller Susan L. Adams is known for her "spoonerism stories," that take well-known tales, such as this one, and switch some primary letters around. She also tells "Rindercella," "The Pee Little Thrigs," and "The Three Grilly Goats Buff."

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31337294

SUPER COUPON!

7 FT. 4" x 9 FT. 6" ALL PURPOSE WEATHER RESISTANT TARP

LOT NO. 877/69137/ 69249/69129/69121

Item 877 shown

SAVE 60%

$2.79

REG. PRICE $6.99

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85906575

SUPER COUPON!

LOT NO. 66418

MULTI-USE TRANSFER PUMP

PITTSBURGH AUTOMOTIVE

SAVE 61%

$4.99

REG. PRICE $12.99

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3-1/2 PUMPS LIFTS MOST VEHICLES!

WEIGHS 27 LBS.

SAVE $60

$59.99 REG. PRICE $119.99

LOT NO. 68053/ 69252/ 60569

Item 68053 shown

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89649743

SUPER COUPON!

HaulMaster

MOVER'S DOLLY

LOT NO. 93888/60497

Item 93888 shown

1000 LB. CAPACITY

SAVE 46%

$7.99

REG. PRICE $14.99

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19216053

SUPER COUPON!

drillmaster

1500 WATT DUAL TEMPERATURE HEAT GUN (572°/1112°)

LOT NO. 96289

SAVE 60%

$7.99 REG. PRICE $19.99

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88392733

SUPER COUPON!

MECHANIC'S GLOVES

LARGE LOT NO. 93640/60447 | X-LARGE LOT NO. 93641/60448

Item 93640 shown

YOUR CHOICE!

SAVE 64%

$3.59 REG. PRICE $9.99

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75889898

SUPER COUPON!

PNEUMATIC ADJUSTABLE ROLLER SEAT

US★GENERAL

Item 46319 shown

300 LB. CAPACITY

SAVE 33%

LOT NO. 46319/61160

$19.99

REG. PRICE $29.99

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59178263

SUPER COUPON!

800 RATED WATTS/ 900 MAX. WATTS PORTABLE GENERATOR

NEW!

STORM CAT.

LOT NO. 66619/ 60338/69381

SAVE $90

$89.99

Item 69381 shown

REG. PRICE $179.99

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57221255

SUPER COUPON!

27 LED PORTABLE WORKLIGHT/FLASHLIGHT

Gordon

SAVE 56%

LOT NO. 67227/ 69567/60566

Item 67227 shown

Requires three AAA batteries (included).

$2.59 REG. PRICE $5.99

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81136899

SUPER COUPON!

1-1/4" CAPACITY 15 AMP CHIPPER SHREDDER

CHICAGO ELECTRIC POWER TOOLS

SAVE $50

Item 66910 shown

LOT NO. 66910/69293

$129.99 REG. PRICE $179.99

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17672696

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30", 11 DRAWER ROLLER CABINET

LOT NO. 67421 US★GENERAL

INCLUDES:

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- 2 Drawer Middle Section
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72858409

SUPER COUPON!

130 PIECE TOOL KIT WITH CASE

PITTSBURGH

Item 68998 shown

SAVE 48%

LOT NO. 68998/ 69331/91507

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12450262

SUPER COUPON!

1/2" INDUSTRIAL QUALITY SUPER HIGH TORQUE IMPACT WRENCH

"Ranks at the Top of its Class" European Car Magazine

CENTRAL PNEUMATIC EARTHQUAKE

SAVE $50

700 FT. LBS. MAX. TORQUE

LOT NO. 68424/2623

$69.99

Item 68424 shown

REG. PRICE $119.99

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66585885

SUPER COUPON!

CENTRAL PNEUMATIC

3 GALLON, 100 PSI OILLESS HOT DOG STYLE AIR COMPRESSOR

Item 97080 shown

SAVE 50%

LOT NO. 97080/69269

$39.99

REG. PRICE $79.99

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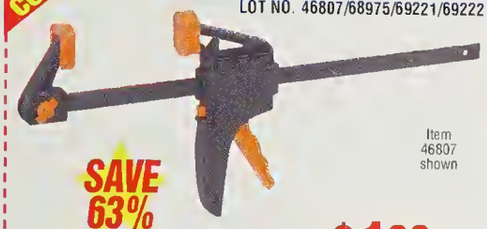
45298550

SUPER COUPON!

PITTSBURGH

12" RATCHET BAR CLAMP/SPREADER

LOT NO. 46807/68975/69221/69222



Item 46807 shown

SAVE 63%

$1.99 REG. PRICE $5.49

94646439

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SUPER COUPON!

CEN-TECH

AUTOMATIC BATTERY FLOAT CHARGER

LOT NO. 42292/ 69594/69955

Item 42292 shown

SAVE 61%

$4.99 REG. PRICE $12.99

86876138

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SUPER COUPON!

Haul Master

TRIPLE BALL TRAILER HITCH

LOT NO. 94141/69874

Item 94141 shown

SAVE 55%

$19.99 REG. PRICE $44.99

79155096

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SUPER COUPON!

4-1/2" ANGLE GRINDER

drillmaster

LOT NO. 95578/69645/ 60625

Item 95578 shown

SAVE 50%

$9.99 REG. PRICE $19.99

14886200

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SUPER COUPON!

4000 LB. CAPACITY CABLE WINCH PULLER

Haul Master

LOT NO. 30329/69854

For dead loads only; not for lifting.

Item 30329 shown

SAVE 48%

$12.99 REG. PRICE $24.99

87012557

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SUPER COUPON!

3 PIECE TITANIUM NITRIDE COATED HIGH SPEED STEEL STEP DRILLS

LOT NO. 91616/69087/60379

drillmaster

Item 91616 shown

SAVE 60%

$7.99 REG. PRICE $19.99

20883290

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SUPER COUPON!

9 PIECE FULLY POLISHED COMBINATION WRENCH SETS

Item 42304 shown

SAE

LOT NO. 42304/69043

METRIC

LOT NO. 42305/69044

SAVE 53%

YOUR CHOICE!

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PITTSBURGH

79057235

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SUPER COUPON!

PITTSBURGH

6" DIGITAL CALIPER

LOT NO. 47257

Includes two 1.5V button cell batteries.

SAVE 66%

$9.99 REG. PRICE $29.99

13937472

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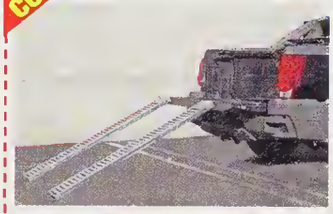
SUPER COUPON!

Haul Master

2 PIECE STEEL LOADING RAMPS

LOT NO. 44649/ 69591/69646



Item 44649 shown

1000 LB. CAPACITY

SAVE 50%

$39.99 REG. PRICE $79.99

24446605

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SUPER COUPON!

LOT NO. 68332

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84839255

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SUPER COUPON!

90 AMP FLUX WIRE WELDER

CHICAGO ELECTRIC WELDING

NO GAS REQUIRED!

LOT NO. 68887/61207

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23636162

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SUPER COUPON!

2" CLEAR WATER PUMP WITH 6 HP GAS ENGINE (212 CC)

PACIFICHYDROSTAR

9060 GPH

LOT NO. 68375/69774

SAVE $90

Item 68375 shown

$159.99 REG. PRICE $249.99

37551058

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SUPER COUPON!

SAVE $80

6.5 HP OHV HORIZONTAL SHAFT GAS ENGINES (212 CC)

PREDATOR ENGINES

LOT NO. 68120/ 60363/69730

LOT NO. 68121/69727, CALIFORNIA ONLY

Item 68120 shown

$99.99 REG. PRICE $179.99

87273303

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SUPER COUPON!

WIRELESS DRIVEWAY ALERT SYSTEM

Bunker Hill Security

Item 93068 shown

SAVE 56%

LOT NO. 93068/ 69590

Requires one 9 volt and three C batteries (sold separately).

$12.99 REG. PRICE $29.99

143-18794

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LOT NO. 38846/69597

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47828842

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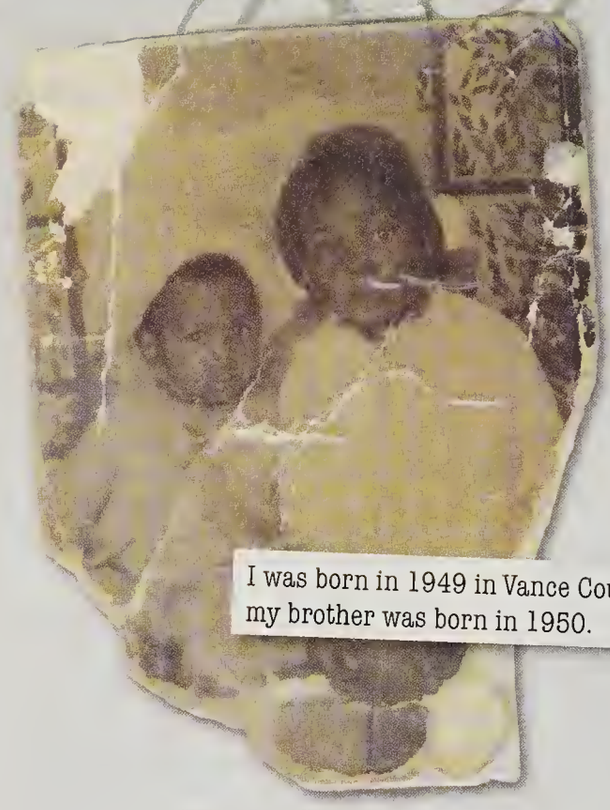
I Remember...



I was born in 1949 in Vance County and my brother was born in 1950.

Granny's farm

Dad's parents bought a farm from Blair heirs. It was a part of my great-great-Grandpa Joseph Blair's plantation. He owned approximately 1,500 acres in the Clear Creek area (now Mint Hill) in rural Mecklenburg County.

A few years before my brother and I were born, tragedy struck. Dad's father and older brother died only a year apart. It was a blow to my grandmother. Dad didn't like farming, so after he and Mom married and had my brother and me, they opened a restaurant in Charlotte. Granny was obliged to use tenant farmers to keep the farm going.

I would go out to the farm to check things out with my grandmother. Riding in the wagon and being lifted to ride old Jake, the mule, to the watering tub was lots of fun. One day in the barnyard, our dog was chasing chickens, and they spooked old Jake, who took out after me. My helpless, horrified brother froze in his tracks when I ran, stumbled and rolled underneath the mule. I survived unscathed.

Sue Phillips Rogers, Calabash, Brunswick EMC

My parents Robert and Glady Phillips with my brother, Bob, and me, Susie.

Walking to church and school

Our daddy is deceased, but our mother, who was born in Franklin County, is living and will be 85 in April. She is shy, but she hears more than you think she does. My parents had eight children, and we all are very proud of our mother. All eight of us attend church and live in different parts of North Carolina.

Our mother sent us to church at an early age, and we went whether it was sunny, rainy or snowy. We walked about three or four miles just to go to church. We were passionate then about church and still are.

The same was true about going to school. We walked about five or six miles to meet the bus, and sometimes when we got there the bus was gone. Even though our hands and feet sometimes felt like they were going to freeze off, that was a time we will never forget. Sending us to school was so important then and is still important today.

James and Alice Alexander, Kittrell, Wake Electric

Corn shucking and Moon Pies

Growing up on a farm in the mid-1940s, I spent fall nights shucking corn with my family. The corn was piled high in the barnyard in a half-moon shape.

I can still hear Dad coaxing us, "Kids, finish this corn pile in two days, and we'll have a Moon Pie." My six siblings knew one of us would exchange our fresh eggs for a Moon Pie at Grandpa's nearby store.

The shucks disappeared, and we got our reward, which we ate slowly—nibbling around the edge until we tasted the sweet, marshmallow center. Back then, Moon Pies were sold in country stores, individually wrapped, and were larger than today's Moon Pies.

Sometimes life's simplest pleasures make for lasting memories, like eating a Moon Pie, and shucking corn by the light of the Harvest Moon.

Patt Moore, Indian Trail, Union Power

SEND US YOUR *Memories*

We'll pay $50 for those we publish in the magazine. We can put even more on our Internet sites, but can't pay for them. (If you don't want them on the Internet, let us know.)

Guidelines:

1. Approximately 200 words.
2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. No deadline, but only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.
5. We pay $50 for each one published in the magazine. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative.
7. **E-mail:** iremember@carolinacountry.com **Or by U.S. mail:** I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

The smokehouse

Our family's smokehouse has been home to many pieces of meat over the years. I visit it often, and I can still see my mother get the butcher knife, go to the smokehouse and get a mess of ham for any given meal.

I was born to Charles R. and Nannie Melton Self in the foothills of Golden Valley, Rutherford County. There were five children in my family. My daddy did sawmilling and farming for a living. In my early years, he worked with mules and a crosscut saw.

We always had hogs to slaughter for our winter meat. When the time and season was right, we had a hog killing. Around daybreak, Mama would build a fire around the big barrel of water that had been prepared the day before. Family and friends were always willing to lend a helping hand. After the butchering was done, the meat was carried to the smokehouse. The hams, shoulders and side meat were salted or sugar-cured to prevent spoiling. The other parts were used for rendering lard, livermush, sausage, etc.

One thing I always remember about hog killing day was Mama cooking fresh tenderloin and gravy to feed everyone for lunch.

O'Lema Rice, Bostic, Rutherford EMC

The smokehouse still stands at the old home place and has weathered many storms.

continued on page 32

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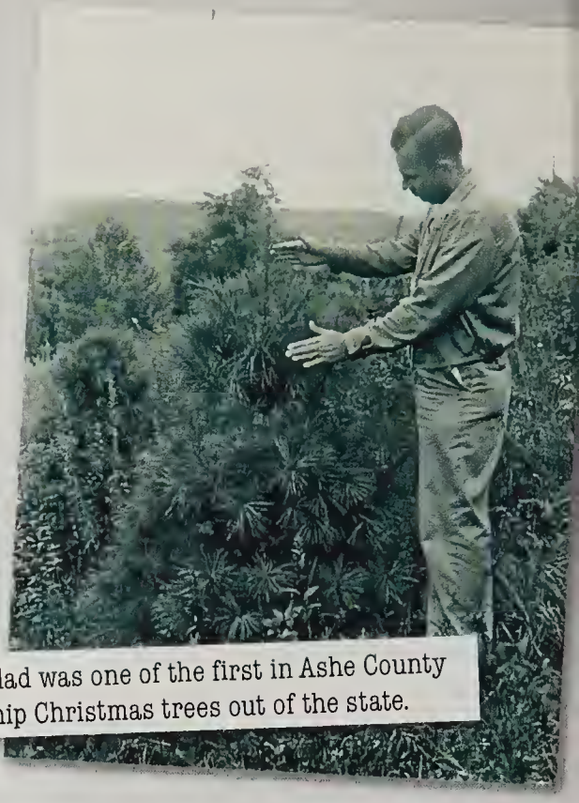
Avery Starling



My dad was one of the first in Ashe County to ship Christmas trees out of the state.

I lost my dad, Avery Starling, in July of 2010, and my memories of him are of the things he loved the most. He talked about the nights he slept in fox-holes as he fought on the front lines during World War II, and how after the war he spent the rest of his tour in Germany with the military police. His strong devotion to the military would later lead him to become commander of his local VFW post.

My dad loved the land and watching things grow. After his military service he became employed with the Soil Conservation Service and was transferred to Ashe County. The farmers there welcomed him with open arms as he helped them to make the most of their land, whether it be for growing crops, helping with drainage or laying off fish ponds. He always enjoyed tending to and eating from a big garden. His love for Christmas led him to buy some land where he began growing Christmas trees. He gave a lot of himself to the people and land of Ashe County.

Ava Lambert, Dallas

"Dem Your Time"

Lillie Belle Hines Smith was my great-grandmamma on my mom's side of the family. She was from Stump Sound in the Holly Ridge area and migrated to Middle Sound in the Ogden community. I remember her as being a very quiet woman. That may have been because she was hard of hearing, which may have resulted partly from what she did in the 1940s.

It was 1943, when Ma (Sylvia Watters Sanderlin) was 4. Grandmamma would take her out on the boat just off of Figure Eight Island to pick up brass shell casings left from where the Army performed target practice. The Army had set shacks up on the island for personnel to stay and practice shooting empty shells. Grandmamma would pick them up and sell them to buy staples. Ma said that Grandmamma would hold her boat paddle up and could almost touch the plane as it flew over.

When she held her paddle up she would say, "Dem your time! You're not going to run me off." Ma said that was the worst word she ever heard Grandmamma say.

Many years later, my father (G.V. Sanderlin) would take us camping on Figure Eight Island. There were no houses then, boat access only. My sisters and I would pick up brass shell casings along the beach. Ma said that they were probably some of the same casings that were used in target practice when she was a child.

Darlene Sanderlin Hurley, Burgaw, Four County EMC

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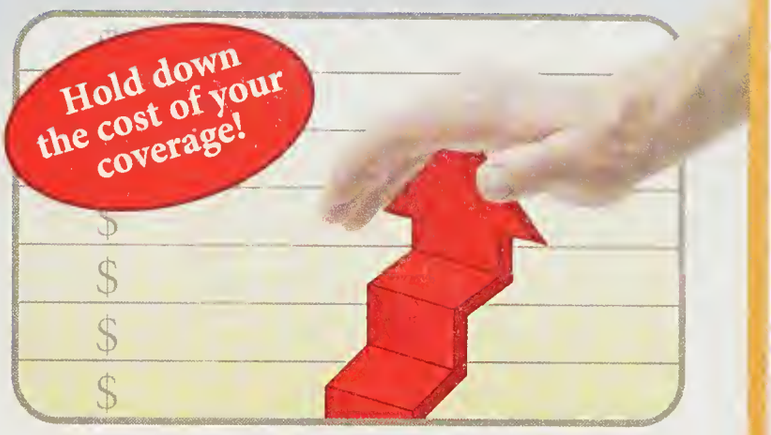

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AFN42302_0210

You can reach Charles Joyner by e-mail: joyner@carolinacountry.com

Domi-No.s

E	U	A	N	U
			X	2
				R
M	O	U	N	T

T	M	E	Y
		X	2
			R
A	I	2	R	Y

Each letter in these multiplication problems stands for a digit. Repeated letters stand for repeated digits. Given R=2, can you replace the missing digits to find the value of Mount Airy?

Cy Nical says...

A SHOTGUN WEDDING IS A CASE OF

9	5	3	2	6	7	1	2	0	8	4

Match the boxes in the Code Key below with the boxes above to spell out the three missing words.

Code Key

0	1	2	3	4	5	6	7	8	9
A	D	E	F	H	I	O	R	T	W

Oh, Kay!

I bought a replacement bulb for this lamp today at a self-service store. It doesn't fit! I'm taking it back tomorrow and going to a store where they know what I want.

MATCH BOXES

4	1	8	6	2	9	3	7
L	A	F	Y	I	M	R	U
						X	2
							I
Be				T			

and

4	8	7	2	6	0	2	3
L	F	U	I	Y	P	I	R
						X	2
							I
			T				

Each digit in these multiplication problems stands for the letter below it. Solve the problems and write your answer in the box tops, one digit to each box. Then match boxes to find hidden words.

For answers, please see page 41

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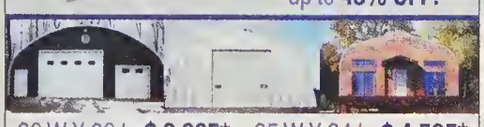

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"I have tried every over the counter product made to cure nail fungus on both my big toes, for over 40 years. I have used your Nail Soak for 6 months and it looks like one or two more nail clippings and it will all be gone! I cannot believe it. Your product has given me healthy, new nails. I can enjoy the summer in sandals once again. Thank you!" ...Dave B., TN

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March Events

(Frank Stevenson Jr., Museum of the Albemarle)

A German-made carousel was one of the attractions at Chowan Beach, a 400-acre resort on the Chowan River in Hertford County. The new "Memorable Sands" exhibit at Museum of the Albemarle, Elizabeth City, recalls this and other beaches of the region popular among African Americans in the mid-1900s. For more information: (252) 335-1453 and www.museumofthealbemarle.com

Mountains (west of I-77)

Off the Beaten Path: Tree ID
Guided hike
March 2, Chimney Rock State Park
(800) 277-9611
www.chimneyrockpark.com

Leahy
Musical brothers & sisters
March 9, Morganton
(828) 433-7469
www.commaonline.org

Lunch With Author Tommy Hayes
March 14, Lake Lure
(828) 625-0456
www.mountainsbranchlibrary.org

Neil Simon's Biloxi Blues
Comedy drama about boot camp
March 15, Morganton
(828) 433-7469
www.commaonline.org

Lecturer & Writer Elliot Engel
March 15, West Jefferson
(336) 846-2797
www.ashecountyarts.org

Basic Wilderness First Aid
Survival skills workshop
March 16, Chimney Rock State Park
(800) 277-9611
www.chimneyrockpark.com

Gem & Mineral Show
Includes fossils, jewelry
March 22–24, Hickory
(828) 320-4028
www.cvgmc.org

Olympus!
Musical about ancient Greece
March 23, Spindale
(828) 286-9990
www.foundationshows.org

Heafner/Williams Vocal Competition
March 23–24, Lincolnton
(704) 732-9055
www.heafnerwilliamsvocalcompetition.com

The Show
A surprise for the audience
March 26, Morganton
(828) 433-7469
www.commaonline.org

Easter Sunrise Service
March 31, Chimney Rock State Park
(800) 277-9611
www.chimneyrockpark.com

ONGOING

Street Dance
Monday nights, Hendersonville
(828) 693-9708
www.historichendersonville.org

Carson House Guided Tours
Wednesday–Saturday
(828) 724-4948
www.historiccarsonhouse.com

Bluegrass Music Jam
Thursdays, Marion
(828) 652-2215

A Southern Exposure
Comedy
March 8–24, Hickory
(828) 328-2283
www.hickorytheatre.org

Moonshine
Exhibit on whiskey making
Through March 9, Dallas
(704) 922-7681
www.gastoncountymuseum.org

Orchard Spectacular
Living art display
Through March 10, Belmont
(704) 825-4490
www.dsbg.org

Music At The Mills
Through March 29, Union Mills
(828) 287-6113
www.unionmillslearningcenter.org

Piedmont (between I-77 & I-95)

The Hushpuppies
Musical performance
March 1, Greensboro
(336) 333-7460
www.greenhillcenter.org

Matt Olson Jazz Trio
March 1, Fayetteville
(910) 630-7100
www.methodist.edu/home/academiccal.shtml

A Little Bit Country
Country music celebration
March 1–3 & 8–10, Littleton
(252) 586-3124
www.lakelandtheatrenc.org

The Glass Menagerie
Drama by Tennessee Williams
March 1–3 & 8–10, Fayetteville
(910) 678-0042
www.faytechcc.edu

Gateway Trail 5K, 10K & Fun Run
March 2, Kings Mountain
(704) 739-4755
www.kmgatewaytrails.org

Battle of Rockford
March 2–3, Rockford
(336) 374-5317
www.rockfordgeneralstore.com

Singles Party
March 8, Cornelius
(704) 500-9305

Highfalls Old-Time Fiddlers' Convention
March 9, Robbins
(910) 464-3600

Rail Trail 5K
March 9, Belmont
(704) 825-5586

Authors Kathy Newburn & J. S. Fletcher
March 10, Fayetteville
(910) 483-7727
www.cumberland.lib.nc.us

Manning Chamber Music
March 11, Raleigh
(919) 508-2043
www.peace.edu/events

Hilda Pennix-Ragland Distinguished Speaker Series
March 12, Fayetteville
(910) 672-2101
www.uncfsu.edu

Listing

Deadlines:
For May: March 25
For June: April 25

Submit Listings Online:
Visit www.carolinacountry.com and click "Carolina Adventures" to add your event to the magazine and/or our website. Or e-mail events@carolinacountry.com.

An Evening With Betty Ray McCain
N.C. Museum of History
March 12, Raleigh
(919) 832-1416

Sandhills Antique Farm Show
March 15–16, Lillington
(910) 984-4317
www.safeclubinc.org

Spring Fling
Family fun at Hope Chapel
March 16, Apex
(919) 303-4673
www.springflingapex.com

Luke Bryan
Dirt Road Diaries Tour concert
March 22, Fayetteville
(910) 438-4100
www.crowncoliseum.com

Old Time Fiddlers Convention
March 22–23, Dobson
(877) 728-6798
www.surryoldtime.com

American Girl Fashion Show
March 23–24, Fayetteville
(910) 438-4100
www.crowncoliseum.com

Spring Concert
William Peace University singers
March 27, Raleigh
(919) 508-2043
www.peace.edu/events

Harlem Globetrotters
March 27, Fayetteville
(910) 438-4100
www.atthecrown.com

Murder Mystery Dinner Theatre
March 29–30, Littleton
(252) 586-3124
www.lakelandtheatrenc.org

Easter Egg Scramble
March 30, Fayetteville
(910) 643-2778
www.asomf.org

ONGOING

Maness Pottery & Music Barn
Dinner, music, fellowship
Tuesday nights, Midway
(910) 948-4897
www.liveatclydes.com

Durham Civil War Roundtable
Third Thursdays, Durham
(919) 643-0466

Art After Hours
Second Fridays, Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

Betty Lynn (Thelma Lou)
Appearance at Andy Griffith Museum
Third Fridays, Mount Airy
(336) 786-7998
www.visitmayberry.com

Arts Councils' Fourth Friday
Fayetteville
(910) 483-5311
www.theartscouncil.org

Godspell
Musical about Jesus
Through March 3, Fayetteville
(910) 630-7000
www.methodist.edu/theatre/index.htm

Southern Spring Home & Garden Show
Feb. 28–March 3, Charlotte
(800) 849-0248
www.southernspringshow.com

Fully Charged
Ringling Bros. & Barnum & Bailey
Through March 3, Fayetteville
(910) 483-4100
www.crowncoliseum.com

Camellia Show
Through March 3, Fayetteville
(910) 489-0638
www.fayettevillecamelliaclub.org

Art Quilt Exhibits
Through March 24, Cary
(919) 469-4069
www.artquiltersouth.org

E. A. Poe's Pottery
Through April 20, Fayetteville
(910) 433-1457
www.visitfayettevillenc.com

Everything We Are Capable of Seeing
Alistair McClymont artworks
Through Apr. 28, Raleigh
(919) 513-0946
www.camraleigh.org

Al Norte al Norte: Latino Life in North Carolina
Through April 28, Raleigh
Prize-winning photographer's images
(919) 807-7900
www.ncmuseumofhistory.org

The Parchman Hour
Songs, stories of 61 Freedom Riders
March 8–24, Fayetteville
(910) 323-4233
www.cfrt.org

Storytelling Festival
March 17–24, Fayetteville
(910) 483-7727
www.cumberland.lib.nc.us/ccplsite

History of Fayetteville's Jewish Community
March 18–April 21, Fayetteville
(910) 433-1457

Two Anne Frank Exhibits
March 18–April 21, Fayetteville
(910) 323-1776
www.theartscouncil.com

Race Riot Of 1898
March 19–April 21, Fayetteville
(910) 486-1330
www.museumofthecapefear.ncdcr.org

Scratching The Surface
Artists show
March 25–April 21, Hillsborough
(919) 732-5001
www.hillsboroughgallery.com

Coast (east of I-95)

Inglis Fletcher Symposium
Author's collection, talks
March 1–2, Edenton
(252) 339-1321

Furniture Auction/Dinner
March 2, Edenton
(252) 482-7800
www.ehcnc.org

ABC Sale
Big yard sale
March 2, New Bern
(252) 638-8558
www.newbernhistorical.org

Writers Conference & Competition
March 2, Washington
(252) 946-2504
www.beaufortcuntyartscouncil.org

Home Builders Expo
March 2–3, Greenville
(252) 321-7671

Founding of Gardens
Anniversary celebration
March 8, Edenton
(252) 482-7800
www.ehcnc.org

Fine Arts Ball
March 9, Greenville
(252) 758-1946
www.gmoa.org

Graveyard 100 Ultramarathon
March 9–10, Hatteras
(252) 473-2138
www.outerbanks.org

Shamrock Car Show & Poker Run
March 14–17, Kili Devil Hills
(252) 473-2138
www.outerbanks.org

OBX Taste Of The Beach
March 14–17, Nags Head
(252) 473-2138
www.outerbanks.org

Wildlife Expo
March 15–17, Wilmington
(910) 795-0292
www.capefearwildlifeexpo.com

Kiwanis 5K & Fun Walk
March 16, Edenton
(252) 482-5482

Power Plant
The battleship's power plant
March 16, Wilmington
(910) 252-5797
www.battleshipnc.com

Running Of Leprechauns
5K and St. Patrick's Day Parade
March 16–17,
Nags Head
(252) 473-2138
www.outerbanks.org

One Woman Show
Jane Perry's paintings
March 22, Edenton
(252) 482-8005
www.chowanarts.com

The Glass Slipper
Musical about Cinderella
March 22–24, Farmville
(252) 753-3832
www.farmvillearts.org

Kidsfest
March 23, Greenville
(252) 756-1567
www.mppfc.com

Old Fashion Planters Day
March 23–24, Garland
(910) 588-4074
www.oldfashionedpd.org

Easter Egg Hunt Carnival
March 29, Wilmington
(910) 251-5797
www.battleshipnc.com

ONGOING

Art Walk
First Friday, Elizabeth City
(252) 335-5330
http://ecncart.com

Art Walk
First Friday, Greenville
(252) 329-4200
www.uptowngreenville.com

Art From The Heart
Through March 2, Morehead City
(252) 726-9156
www.artscouncilcarteret.org

Priceless Pieces Quilt Show
Through March 23, Manteo
(252) 475-1500

Honk!
Musical adaptation of The Ugly Duckling
March 8–10, 15–17, 22–23, New Bern
(252) 633-0567
www.newberncivictheatre.org

Come Follow Me
Easter musical
March 23–April 13, Edenton
(252) 482-4621
www.rockyhockplayhouse.com

Student Art Show
March 28–April 25, Manteo
(252) 475-1500
www.roanokeisland.com

Memorable Sands Exhibit
Regional African-American beaches
Through Nov. 16, Elizabeth City
(252) 335-1453
www.museumofthealbemarle.com

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APRIL 17–21, 2013
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919-496-4771 www.whistlingiwc.com

CAROLINA COUNTRY adventures

Day Trip

Three Bears Acres

GRANVILLE COUNTY

In this neck of the woods, you don't find much more than churches, bare bones country stores and the occasional stable. But last year we watched some heavy machinery carve a rugged landscape out of forest, and knew we were in for a treat when the rustic, log sign went up labeled, "Three Bears Acres."

From the moment I first opened the car door and turned my kids loose on this 50-acre recreational farm, I knew it would take a major bribe (or total exhaustion) to get them to leave. "Kids are so happy here — where else can you give them that old-fashioned, care-free, run-through-the-woods, play-in-the-mud experience?" said co-owner Melinda Gross. "So rare to see a child cry here!"

And you can see why, given these top 10 highlights:

- **300-foot toboggan slide:** Select a sled and race one another on four side-by-side slides. Nervous? Ride with a buddy! (My 18-month old went down with me.)
- **70-foot-by-30-foot jumping pillow:** A big, orange bouncy trampoline-like pillow sends kids (and "big kids" like me) sky-bound.
- **Graffiti wall:** Washable paints plus Do-a-Dot markers plus a large white mural inspire creativity.
- **Water wall:** Tubes, funnels, watering cans and water. Enough said.
- **Mud kitchen:** Takes old-fashioned mud pies to a new level! Kids dip into a clawfoot tub full of mud, and rework gooey globs into cakes, muffins, ice cubes — whatever they can imagine — with the help of a mini-fridge, stove, table and more.
- **Treehouse playground** with 100-foot bridge, cargo net, slides and swings.
- **Big Bear Pond:** Explore this three-acre pond by paddleboat or with a small net to capture and observe frogs, tadpoles and other aquatic creatures.
- **Fire pit:** Warm up a chilly day with a few s'mores.
- **Seasonal fun:** Kids dig in and harvest seasonal crops like sweet potatoes and carrots. Corn planted in April will provide a maze for fall fun.
- **Just added:** Paws Café (drinks, hot chocolate), sling shots, big plastic tubes to climb in and roll around, and another teepee to complement a growing section on native American artifacts where kids can dig for arrowheads.

Melinda and her business partner Moira Roberts opened Three Bears in October 2012. Along with the usual stops and starts and growing pains that all new businesses generate, getting electricity on site was one of their bigger hurdles. With the county dragging its feet on a permit, Gross and Roberts had to ferry gas cans to Three Bears to fuel a generator to power the jumping pillow, bathrooms and a well. Once the permit was finally issued, Gross spoke with their Touchstone Energy cooperative, Wake Electric, who put them on a two-week waiting list. "But the very next afternoon, Wake Electric showed up. They were so very helpful and wonderful to get the electricity up and running. I'm okay if I never see a gas can again!" said Gross.

Three Bears offers special events such as Toddler Thursdays from 10 a.m.–1 p.m. (kids 2–5 for $10 and parents free) and plays host to fund-raisers, field trips and birthday parties.

March through May, Three Bears Acres is open Tuesday–Saturday 10 a.m.–5 p.m., Sunday 12 p.m.–5 p.m. The farm is closed for the summer and will reopen October 1. Admission is $10 for adults, $18 for kids (2 and under free with paid adult). After 2 p.m., admission drops to $7 and $13, respectively. Season passes are available for $30/adult (includes two guest passes) and $57/child.

Call or check their Facebook page before going as they sometimes close due to weather. And one last piece of advice: consider bringing a change of clothes for your child!

—Tara Verna

Top: *Who wouldn't smile after careening down a 300-foot toboggan slide?!*

Middle: *Airborne on the big, orange jumping pillow.*

Bottom: *Rosa paints the graffiti wall.*

711 Beaver Dam Road
Creedmoor NC 27522
www.threebearsacres.com
info@threebearsacres.com
(919) 609-9967

WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by March 8 with your name, address and the name of your electric cooperative.

By e-mail: Where@carolinacountry.com

Or by mail: Where in Carolina Country?
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Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our April issue, will receive $25. To see the answer before you get your April magazine, go to "Where Is This?" on our website www.carolinacountry.com.

February winner

The February picture by Michael Gery showed statues at the entrance of a Duplin Winery property off Charity Road in Rose Hill, Duplin County. The winning entry, chosen at random from all correct submissions, was from Larry Price of Rose Hill, a member of Four County Electric.

ADVERTISEMENT

Loose Saggy Neck Skin – Can Any Cream Cure Turkey Neck?

DEAR DORRIS: I'm a woman who is 64 years young who suffers from really loose skin under my chin and on my lower neck. I hate the term, but my grandkids say I have "turkey neck" and frankly, I've had enough of it!

I have tried some creams designed to help tighten and firm that loose, saggy skin, but they did not work. Is there any cream out there that can truly help my loose neck skin?

Turkey Neck, Wilmington, NC

DEAR TURKEY-NECK: In fact, there is a very potent cream on the market that firms, tightens and regenerates new skin cells on the neck area. It is called the **Dermagist Neck Restoration Cream®.** This cream contains an instant lift ingredient that tightens the skin naturally, as well as deep moisturizing ingredients to firm the skin and make it more supple. Amazingly, the **Dermagist Neck Restoration Cream®** also has Stem Cells taken from Malus Domesticus, a special apple from Switzerland.

These stem cells are actually unprogrammed cells that can mimic those of young skin that stays tight, firm and wrinkle free. As an alternative to the scary surgeries or face lifts that many people resort to, this cream really packs a big punch on the loose saggy skin of the neck.

The Dermagist Neck Restoration Cream® is available online at **Dermagist.com** or you can order or learn more by calling toll-free, **888-771-5355.** Oh, I almost forgot... I was given a promo code when I placed my order that gave me **11% off.** The code was "**NCN8**". It's worth a try to see if it still work.

By Arnie Katz

A clear dryer duct can save energy and prevent a fire

Q: The termite guys were in my crawlspace doing an inspection, and they told me the dryer duct was partially crushed. They said this is dangerous and can cause a fire, and that the type of ducting I have is a flexible plastic that is no longer even allowed for venting dryers, and that I should replace it immediately. It's worked fine for 30 years, although I have noticed the clothes take much longer to dry lately. Do I really need to worry about this, or are they just blowing smoke?

A: You need to do something about it. And you might want to put your termite guys on your Christmas list. They may have saved your home. Thousands of house fires are started every year in dryers, and one of the main causes is lint buildup and other blockages in the vents.

The dryer works by blowing air over a heater (either gas or electric) through the clothes and then out of the vent and through the duct to the outside. The air blowing through the clothes picks up particles of the fabric (lint) that are carried out with the hot air.

Most of the lint is captured by the filter, but in many dryers, because the filter doesn't fit really tightly, some of the lint gets past the filter and into the duct. If there are any obstructions in the duct, the lint is more likely to collect on the sides, build up and slow down the air flow.

If the air is moving more slowly, it will take longer to dry your clothes, and that will require more energy. If the air flow is blocked enough, it can cause the dryer to overheat, which can cause the dryer to fail long before its expected life.

In some cases, this overheating causes fires.

The first thing to do is to find the exhaust termination of your dryer duct. This usually is through the foundation wall, if you have a basement or crawlspace. In a two-story home, it may come through the space between the first floor ceiling and the second floor; or it may come out through the attic.

In your case, you know it's coming through the crawl space. If you can't find it, go look in the crawl space. Sometimes dryers are just dumping the moisture and lint into the crawl space, which is an excellent way to grow serious amounts of mold. If the dryer isn't vented clear through to the outside, you need to get that done.

Don't let a blocked dryer duct cause a fire.

Once you know where it ends, turn on the dryer and make sure a lot of air is coming out of the duct at its termination. If it's not, you know you have a serious restriction. Take off the cap and see if you can see lint buildup along the sides of the duct. If there is buildup, you need to clean it. You may have to take the duct apart to do that.

If you have the plastic or foil type ducts, this would be a good time to replace as much of it as possible with smooth metal duct work. You can easily find this at home improvement stores, usually in 3-foot sections. If there are areas where you need to use the flexible ducting, use the metal type and pull it so that it is as straight as possible.

Use as few bends and turns as you can, and put the duct sections together with tape. Don't use screws, as they stick into the duct and collect lint. And make the duct as short as possible. The manual for your dryer will tell you the maximum length it can safely be.

In addition to cleaning the filter before or after every load, everyone should check their dryer vents a couple of times a year and clean them if necessary. This will get your clothes dried quicker and save you few bucks on your energy bills. And it may just prevent a fire.

Arnie Katz is the former building science consultant for Advanced Energy in Raleigh. www.advancedenergy.org

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King Cake with Cream Cheese Filling

- 2 tubes (8 ounces each) refrigerated, reduced-fat crescent rolls
- 4 ounces reduced-fat cream cheese
- 2 tablespoons confectioners' sugar
- 1 tablespoon vanilla extract
- ⅓ cup light brown sugar
- 2 tablespoons butter, softened
- 3 teaspoons ground cinnamon

Icing:

- 1 cup confectioners' sugar
- 1 to 2 tablespoons 2% milk
- ½ teaspoon vanilla extract
- Red, blue, yellow and green food coloring

Unroll both tubes of crescent dough and separate into triangles. Place triangles on a greased 12-inch pizza pan, forming a ring with pointed ends facing toward the center and wide ends overlapping. Lightly press wide ends together.

In a small bowl, beat cream cheese, confectioners' sugar and vanilla until smooth; spoon over wide ends of ring. In another bowl, stir the brown sugar, butter and cinnamon until crumbly. Sprinkle over cream mixture.

Fold points over filling and fold wide ends over points. Bake at 350 degrees for 20–25 minutes or until golden brown. Cool for 5 minutes.

Meanwhile, combine the confectioners' sugar, vanilla and enough milk to achieve desired consistency. Divide icing among three bowls. Using red and blue food coloring, tint one portion purple. Tint another portion yellow and the remaining portion green. Drizzle over cake. Serve warm.

Yield: 16 servings

Pork Chops with Scalloped Potatoes

- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 1 can (14½ ounces) chicken broth
- 6 pork rib or loin chops (¼-inch thick)
- 2 tablespoons canola oil
- Additional salt and pepper, optional
- 6 cups thinly sliced peeled potatoes (about 4 pounds)
- 1 medium onion, sliced
- Paprika and minced fresh parsley, optional

In a small saucepan, melt butter; stir in the flour, salt and pepper until smooth. Add broth. Bring to a boil; cook and stir for 1 minute or until thickened. Remove from the heat and set aside. In a large skillet, brown pork chops in oil; sprinkle with additional salt and pepper if desired.

Layer potatoes and onion in a greased 13-by-9-inch baking dish. Pour broth mixture over layers. Place pork shops on top.

Cover and bake at 350 degrees for 1 hour; uncover and bake 30 minutes longer or until meat and potatoes are tender. If desired, sprinkle with paprika and parsley.

Yield: 6 servings

Forgotten Jambalaya

- 1 can (14½ ounces) diced tomatoes, undrained
- 1 can (14½ ounces) beef or chicken broth
- 1 can (6 ounces) tomato paste
- 2 medium green peppers, chopped
- 1 medium onion. chopped
- 3 celery ribs, chopped
- 5 garlic cloves, minced
- 3 teaspoons dried parsley flakes
- 2 teaspoons dried basil
- 1½ teaspoons dried oregano
- 1¼ teaspoons salt
- ½ teaspoon cayenne pepper
- ½ teaspoon hot pepper sauce
- 1 pound boneless skinless chicken breasts, cut into 1-inch cubes
- 1 pound smoked sausage, halved and cut into ¼-inch slices
- ½ pound uncooked medium shrimp, peeled and deveined
- Hot cooked rice

In a 5-quart slow cooker, combine the tomatoes, broth and tomato paste. Stir in the green peppers, onion, celery, garlic and seasonings. Stir in chicken and sausage. Cover and cook on low for 4–6 hours or until chicken is no longer pink. Stir in shrimp. Cover and cook 15–30 minutes longer or until shrimp turn pink. Serve with rice.

Yield: 11 servings

From Your Kitchen

Guacamole Dip

- 2 ripe avocados (Haas are the best — dark, rough skin)
- 2 small tomatoes, chopped
- 1 or 2 green onions, chopped
- ½ teaspoon lemon juice
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- 1 hard-boiled egg, chopped
- 1 teaspoon mayonnaise
- ¼ teaspoon cayenne pepper
- ¼ teaspoon chili powder
- ½ teaspoon Worcestershire sauce
- Red pepper flakes or Tabasco (optional)

Remove pulp from the avocadoes and mash. Mix thoroughly with other ingredients. The flavor improves if allowed to sit in refrigerator for an hour. Serve with tortilla chips or raw veggies.

This recipe comes from Ginny Fountain of Raleigh.

Send Us Your Recipes

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